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PHYSIC
OF A PAST
CENTURY



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War Fund

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FARE AND PHYSIC OF A
PAST CENTURY

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FOR

DAVID DOUGLAS

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FARE AND PHYSIC

OF

A PAST CENTURY

COMPILED BY

ALICE M. STEWART

AND

ELLA R. CHRISTIE

EDINBURGH

DAVID DOUGLAS, CASTLE STREET

1900

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MEASUREMENTS.

A CHOPPIN,	I QUART.
A MUTCHKIN,	I PINT.
A LIPPIE,	I PECK.

P R E F A C E.

“**W**OMEN can spin very well, but they cannot make a good book of cookery.” Such was the opinion expressed by the Solomon of the 18th century in one of his recorded conversations, when he also stated his desire of producing one on entirely philosophical principles—an intention, alas! which was never fulfilled, as who can tell what a revolution in cuisine his work might have effected? A specimen of what the male intellect can achieve in this direction is to be found in recipe No. 82. Notice the broad grasp of the subject, and the fine disregard of petty details! In the face of such an opinion, and of the fact that of making many cookery books there is no end, we feel obliged to offer a word of explanation why another should be added to the number.

On turning over the pages of a far back treasured manuscript—the writing somewhat obliterated, but still showing evidence of a not too accurate acquaintance with spelling—it has occurred to us that much is passing away which it would be of interest to retain, and that it may be worth while to try to revive some of those culinary excellencies and homely remedies for which a past generation was famed.

In the latter department, though we may smile at some of the prescriptions, we feel sure they were both

administered and received in a spirit of faith, which, if not sufficient to remove mountains, apparently exercised itself on a humbler object ; and if a pint of Archangel tar may sound somewhat barbaric, yet doubtless something of medical knowledge is to be found in the composition of such a decoction.

Though we cannot claim to have tried all the recipes and remedies given, we leave it to the present generation to profit by the experience of a past ; and our apology for such a medley as this book offers is that of those who, "though they cannot weave a uniform web, may at least produce a piece of patchwork, which may be useful and not without a charm of its own."

ALICE M. STEWART.

ELLA R. CHRISTIE.

8th March 1900.

The entire proceeds of the sale of this book will be given to the Marchioness of Lansdowne's Officers' Families Fund.

S O U P S.

S O U P S.

1. Ox-Head Soup and Stew.

The head gives a nourishing and savoury soup, and the meat (stewed) is tender and nourishing; a little arrowroot improves and enriches both the soup and the stew.

The following spices may be added as seasoning:—2 oz. black pepper, 2 oz. Jamaica pepper, 2 oz. cloves (ground), $\frac{1}{2}$ oz. ginger (ground), $\frac{1}{4}$ oz. Cayenne pepper.

Of this mixture one tablespoonful will be sufficient for a large tureen; put in half an hour before the soup is taken off the fire.

2. Wood Pigeon Soup.

Half roast 3 pigeons, flour and butter them well when first put to the fire; when half roasted, cut some slices from the breasts, and set them aside; then cut the birds up into joints and bruise them a little; put them on the fire with about 2 quarts of cold water, 1 onion (not large), 1 small turnip, some parsley, thyme, and margoram, salt and pepper to taste; let it boil slowly for five or six hours, then strain it; about half an hour before serving put it on the fire again, and take the meat cut from the breasts and cut it into square bits, put them into the soup to boil; thicken, before serving, with flour and butter.

3. Oyster Soup.

Take a proportion of veal and beef stock with 25 oysters and the juice of them and the yolks of 4 eggs; put it on to boil for some time, then strain it through a sieve; add 75 more oysters parboiled and bearded, and a glass of sherry wine; let it then boil about five minutes, take it off, add the yolks of 6 eggs, beat up with a cup of cream; it will then be ready to serve.

Note.—The above quantity of oysters can be reduced if desired.

4. Hare Soup.

Choose a large heavy hare, skin it, cut it in pieces, saving the blood ; put the hare and blood into a basin with about 2 quarts of cold water ; take about a breakfast cup of flour, rub it down with a little of the blood and water as you would do starch ; after the blood is well off the pieces, put them into a pot with as much stock as you require soup ; then strain the blood, &c., through a hair sieve, allow it to boil some time, then strain it again through the sieve to make it an equal thickness ; replace it on the fire, adding salt, pepper, and Cayenne to taste. Let it boil till the hare is quite done.

5. Chicken Soup.

Take two-thirds of veal stock and one of beef ; cut up and skin a fowl, put it on with the stock ; let it boil till the fowl is done, then take it off ; beat up 3 eggs and about a teacupful of cream ; mix these into the soup, stirring it up and down, after which it must be kept hot, but not allowed to boil. If not for present use, beat up the eggs with a little water, and put in the cream. When it is to be served, a little fine-shred parsley, par-boiled and put in the tureen with this soup, is an improvement.

6. White Soup.

Take a proportion of veal and beef stock ; put it on with a chicken skinned and cut in pieces ; let it boil till the chicken is thoroughly done ; take it off and strain it ; then take the breast of the fowl and pound it quite fine, along with a little bread previously soaked in milk ; press it through a sieve into the soup, and boil all for some time ; take it off, and beat the yolks of 6 eggs with a cup of cream, put this to the soup, keeping stirring for five minutes. It must not boil after the cream goes in, for this will turn it.

7. Mock Turtle Soup.

Take a calf's head, boil it until the hair pulls off easily ; after it is cleaned and cold, skin it ; cut the skin, along with the flesh, about the head, tongue, palate, ears, in small square pieces ; put

the pieces on to boil in half and half beef and veal stock ; after it has boiled some time, take it off, and add about a quart of milk, made fresh for the soup ; let it boil till all the scum is clean off and it is of a proper thickness ; a glass and a-half white wine, spoonful of ketchup, pepper and salt to taste.

8. Brown Soup.

Make your stock of a piece of spawl and red meat ; if made the day before, run it through a colinder into the pot ; put about $\frac{1}{2}$ or $\frac{3}{4}$ of a pound of steak into a frying-pan, without any grease ; make it a fine brown, taking care not to burn it ; when done, take out the steak, which you may put into your soup ; then run a little warm water into the frying-pan, stirring it with the browned juice of the steak ; add this to your stock till of a proper colour, adding Cayenne, pepper, and salt to taste. When to be dished, dip a thin muslin bag in hot water, then run the soup through it into the tureen.

9. Spring Fruit Soup.

Peel and wash well 4 dozen sticks of rhubarb, blanch in water three or four minutes ; after draining, place them in a stew-pan, with 2 onions sliced, 1 carrot, 1 oz. lean ham, 1 oz. butter. Stew gently over a slow fire till tender ; then add 2 quarts good stock, to which add 2 or 3 oz. bread crumbs ; boil about seventy-five minutes, skim off all fat, season with salt and pepper, rub through a hair sieve, and serve with fried bread.

10. Cockie-Leekie (1).

Trim 2 or 3 bunches of large winter leeks, cutting off the roots and parts of the heads ; then cut them into pieces about one inch long (which may also be split) ; wash well in three waters if old and strong ; allow them to boil for ten minutes in a gallon of water. Having previously prepared a stock made thus : take a fowl and 2 or 3 lb. of beef or veal, with some Jamaica pepper and salt, and, when the fowl seems tender, cut off the best parts of the flesh, which keep to serve in the tureen ; then put back the body till the stock is ready. When cold, and all the fat removed, add the leeks as above, and allow them to boil for four

or five hours. If not thick and massy enough after having boiled half that time, add some more leeks; and, about half an hour before serving, put in the pieces of fowl and a dozen or so of prunes. This soup will keep several days, and will improve by a second warming.

11. Cockie-Leekie (2).

Cut 1 dozen large, good leeks about one inch long, with some of the tender green; throw them into water as they are cut, and take care they be well cleaned. Put them in a pot with 3 chopins (3 quarts) of water; cut a penny brick in thin slices, and pare off the crust; brown 8 oz. of butter; give the bread a brown on both sides, and wash $\frac{1}{2}$ lb. of prunes; put these among the soup, seasoning with a little spice and salt. When the leeks are done and the soup reduced to a pint (2 quarts), put it into a dish and serve. If you wish the soup richer, make the stock of beef.

12. Plum Pottage.

Boil a hough of beef, till the substance is out, in 6 pints (3 gallons) of water; then strain and skim it; set it again on the fire, with the round of a thigh of veal. Pick out the crumb of a twopenny loaf, put it in a bowl, and pour over it about 1 mutchkin (1 pint) of the boiling soup, and let it stand covered till it is soft; beat it with a spoon till smooth, and put it into the stock. Add 1 lb. of currants, washed and dried; 1 lb. of raisins, stoned; $\frac{1}{2}$ lb. of prunes. Boil all together for quarter of an hour; then put the veal in the middle of the dish, pour the soup about it, and serve.

SECOND COURSE DISHES.

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13. Cecils.

Mince any kind of meat, crumbs of bread, a good deal of onion, some anchovies, lemon peel, salt, nutmeg, chopped parsley, and a bit of butter. Warm and mix these over a fire for a few minutes. When cool enough, make them up into balls the size and shape of a turkey egg, with an egg. Sprinkle them with fine crumbs, and fry them a yellow brown. Serve with gravy.

14. Green Peas as Second Course.

Boil the peas till quite tender in water ; when well done, put them in a stew-pan, with a little piece of butter, till they become a little brown ; then shake some powdered sugar over them and a teacupful of cream, in which you have stirred about a teaspoonful of cinnamon. Warm all together, and send them to table hot.

15. Dry Curry.

Mince 2 onions and 2 apples very small ; brown 2 oz. of butter in a stew-pan ; add the onions and apples, brown them well, taking care that they do not burn. Mix a large tablespoonful of curry powder and one of flour, put into the stew-pan, stir constantly ; add one teacupful of cream ; have 25 oysters, add to the curry, mix well together, and salt to taste. An hour before dinner butter a round jelly mould, press the curry into it ; have some boiled rice, with it fill four buttered teacups, pressing it down to keep the form when turned out. Serve all up in a corner dish, the curry in the centre and the rice round. Garnish with parsley.

16. Oyster Shape (Hot).

3 oz. macaroni, 2 oz. cheese, 2 oz. bread crumbs, 2 oz. butter, 2 eggs, 50 oysters. Work the butter to a cream ; mince the macaroni and oysters, season with pepper, mustard, and

Cayenne; add the other ingredients, and mix with oyster liquor, to which has been added a little cream; butter a mould, and steam half an hour. Turn out in a dish, and serve with oyster sauce.

17. Scalloped Salsify.

Wash the salsify in cold water, and cut into small pieces; put it on the fire with a little stock, and boil three hours; then add a little anchovy essence, pepper and salt, Worcester sauce, and ketchup to taste. Put into buttered scallop shells, strew bread crumbs on top, and brown before the fire.

18. Curried Potatoes.

Slice a good sized onion, and fry with $\frac{1}{4}$ lb. butter; cut up 1 lb. boiled potatoes, put them in the frying-pan with onion, dredge well with curry powder; add one gill stock, little salt, and squeeze of lemon. Shake the whole over the fire for ten minutes, and serve hot. The potatoes may be rubbed through a sieve and made into balls.

19. Fish Pie.

1 small sole (filleted), 6 oysters, a few bread crumbs, 1 egg; butter a pie-dish, and sprinkle the bottom with a few bread crumbs; then lay the fish, oysters, little lemon juice, Cayenne pepper, and salt; beat the eggs to a froth, add to them the oyster liquor, 1 dessert spoon of flour, and $\frac{1}{2}$ gill of milk; pour this over the fish, sprinkle with bread crumbs, a few pieces of butter on top, and bake in the oven 15-20 minutes; any pieces of white fish may be used.

20. Savoury Rabbit Pie.

The best meat of 8 rabbits (not the shoulder or any sinewy part); all the skin and rough part to be taken away. Line a pie-dish on bottom with thick pieces of fat bacon, then a layer of rabbit, seasoning with pepper, salt, powdered sage, and thyme; very little of each sprinkled over. Continue this till the dish is full, then lay a sheet of white paper on top, and cover with any sort of rough paste; during baking, which takes eight hours in

not too hot an oven, the pie-dish being placed all the time in a pan of water. Meantime all the bones of the rabbits and a little bacon bone to be boiled down to about a quart of jelly. When the pie is baked, take off the paste and paper and drain off the liquid from the pie; add it to jelly, and boil well; if not quite stiff, add a little gelatine. Pour over the pie to fill all crevices, and stick a knife in several places so that the hot jelly may get well through it; this must be done directly the pie is taken out of the oven. Next day the pie can be turned out and served on a dish, but, if preferred, left in pie-dish with a thick coating of butter or aspic jelly on it. It keeps longer with the butter.

21. Savoury Pie.

The same, only thin layers of force meat alternately with the rabbit and bacon, but not to omit the seasoning.

22. Force Meat for Cold Savoury Pies.

1 lb. veal, 1 lb. fat bacon, salt, Cayenne pepper, and pounded mace to taste, a very little nutmeg, the same of chopped lemon peel, $\frac{1}{2}$ teaspoonful chopped parsley, $\frac{1}{2}$ teaspoonful mixed savoury herbs, 1 or 2 eggs. Chop the veal and bacon together, put them in a mortar with the other ingredients mentioned above. Pound well, and bind with 1 or 2 eggs, which have been previously beaten or strained; work the whole well together and the force meat will be ready for use. If the pie is not to be eaten immediately, omit the herbs and parsley, as these would prevent it from keeping. Sufficient for 2 small pies.

23. Roman Pie.

1 oz. vermicelli, 6 oz. puff pastry, $\frac{1}{2}$ lb. beef steak, 2 oz. cooked macaroni, 1 small onion boiled, 2 oz. grated cheese, 1 hard boiled egg, 1 teaspoonful chopped parsley, pepper and salt to taste, 1 gill of gravy or stock, $\frac{1}{2}$ oz. butter to grease tin. Grease tin, shake over vermicelli to line it till all covered, then line with pastry on top of vermicelli. Cut up the steak and onion, and mix all the ingredients with the stock in the mould, cover with a lid of paste, brush with water and sprinkle with vermicelli; make

a hole in the top ; bake 1 hour in a moderate oven ; turn out the pie on a dish, and decorate with parsley.

24. Finkadella.

8 oz. of lean beef well minced and pounded, a small piece of butter pounded with it ; 5 oz. of suet cut fine ; soak some bread in thin cream mixed with weak beef stock (about $\frac{1}{2}$ slice of loaf cut thick) ; it must look like thick butter sauce, and is to be added to the pounded meat ; pepper, salt, and a little minced onion to taste. Lastly, the suet is gradually put in ; make round balls of the whole, and boil them three-quarters of an hour in weak soup.

25. Cream of Rabbit (French).

Take the breast of an uncooked chicken or the fillets of rabbit, pound well and season, add three-parts of the white of an egg pounded in it, pass through a hair sieve. Put in a large basin ; whip a pint of cream till stiff ; mix in slowly with the meat, working each spoonful separately ; butter a plain pipe mould and fill three-parts full. Steam very slowly three-quarters of an hour, avoiding boiling. Being slowly cooked is the chief thing. Make a plain sauce and pour round.

26. Hot Pot.

Pare 4 lb. potatoes, wash them clean. Take 2 lb. beef, 1 lb. mutton, and 1 lb. pork, or 4 lb. of any meat. Cut it into pieces of 3 or 4 oz. each ; season well with pepper and salt and an onion chopped *small*. Have ready a strong wide-mouthed stone jar, slice thin a layer of the potatoes into the jar, then a layer of the seasoned meat time about, the upper one potatoes, the jar to be about three-quarters full.

Put no water into the jar, close it up with a cork bung, covering it with a strong piece of canvas. Tie it down with twine ; a little steam should escape in the stewing to prevent the jar from bursting.

Put the jar into a pan of cold water on the fire, the mouth of the jar to be always two or three inches above the water when

boiling. Let it boil an hour after the water comes to boil, when the stew will be ready.

27. Soubise Sauce.

Peel six large onions and cut them in very thin slices, put them into a stew-pan with a $\frac{1}{4}$ lb. butter; place them over a slow fire, stirring occasionally until tender, but keeping them quite white; add 1 oz. of flour, mix it well in, then $\frac{1}{2}$ pint white sauce and $\frac{1}{2}$ pint of milk. Boil together twenty minutes; season with pepper, salt, and sugar, and a little cream may be added; rub through a sieve, put in another stew-pan, make it hot and serve when required. This sauce should be rather thick, but not pasty.

28. Sauce for Cold Game.

Take the yolks of 2 hard-boiled eggs, 2 small shalots, $\frac{1}{2}$ teaspoonful of mustard pounded in a mortar; pass through a sieve, then add 2 tablespoonfuls of Harvey sauce, 3 tablespoonfuls of white vinegar, a little Cayenne pepper and salt, and 2 tablespoonfuls of cream.

29. Cheese Straws.

2 oz. butter, 2 oz. flour, 2 oz. Parmesan cheese, 1 oz. cheddar, 1 egg, salt and Cayenne to taste. Mix cheese, butter, and flour together as for short crust, add seasoning and bind all together with egg beaten up with 1 tablespoonful water. Roll out on floured board and cut in thin straws and rings. Bake in moderately quick oven ten to fifteen minutes. Dish in bundles on paper.

30. Dr Gillan's Cheese Pudding.

Cut up some pieces of cheese, put in a saucepan with 2 tablespoonfuls of either milk or cream and 1 egg slightly beaten. Stir till it comes to the boil, but not more; pour into a small buttered ashet, and place in the oven till brown on the top.

31. Fondue of Cheese.

Stir into a little milk some spoonfuls of the finest flour till quite smooth; boil it gently for twenty minutes; add 3 or

4 eggs well beat up ; let it cool and then stir in some finely grated cheese, season with mustard, pepper, and salt, and bake it in the oven.

32. Toasted Cheese.

Mix 3 oz. of grated cheese, the yolks of 2 eggs, 4 oz. of butter, 3 oz. of grated bread, a teaspoonful of mustard, a little salt and pepper ; beat the whole in a mortar ; toast some bread cut in slices, lay the above mixture thick upon them, put in a Dutch oven, covered over with a dish ; let the cheese brown a little and serve as hot as possible.

33. Acacia Jumble.

2 yolks of eggs and 1 white, 1 tablespoonful grated Parmesan cheese, 1 tablespoonful Worcester sauce, Harvey sauce, a little Cayenne. Mix well together, pass through a sieve, put on the fire and stir till quite hot. Serve on fried toast.

HOT PUDDINGS.

HOT PUDDINGS.

34. Paradise Pudding.

2 oz. flour, 2 oz. butter, melted in a saucepan ; the flour beat to a smooth paste in the butter ; then pour a pint of hot milk to it ; keep stirring it all the time till well mixed. When cold, add the yolks and whites of 4 eggs well beaten ; a paste border round the dish. Lay at the bottom of dish preserved fruit or stoned raisins, white pounded sugar, grated lemon rind, also sweet and bitter almonds.

35. Orange Pudding.

Take 5 oz. fresh butter, melt it in a pan without oiling ; add to it whilst warm 5 oz. pounded sugar and the yolks of 10 eggs ; beat them a little first, and after all is mixed together, beat it until it looks white ; have the bottom of your dish covered with puff paste and orange marmalade, and pour the rest of the ingredients on it. Bake it in a moderate oven. This also does for cheese-cakes.—(*Mrs Scott.*)

36. Sunday Plum Pudding (1).

6 oz. flour, 6 oz. suet, $\frac{1}{4}$ lb. stoned raisins, 3 eggs well beaten, and as much milk as will make it a proper consistency, but by no means stiff ; add a pinch of salt, and boil it six hours in a cloth.

37. Plum Pudding (2).

$\frac{1}{2}$ lb. suet, $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. raisins, $\frac{1}{2}$ lb. currants, $\frac{1}{2}$ teacupful bread crumbs, 4 eggs and a nutmeg, $\frac{1}{2}$ glass brandy mixed with milk. Boil it seven hours.

38. Economical Pudding.

$\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. suet, $\frac{1}{2}$ lb. raisins and currants, $\frac{1}{4}$ lb. treacle, mixed with a little milk, so as to make the whole a proper consistency. Put it into a buttered mould, and boil for five hours.

39. Marmalade Pudding.

1 breakfast cup of flour, 4 eggs well beaten, 4 spoons of brown sugar, $\frac{1}{4}$ lb. of butter melted (be careful not to let it oil), 1 tablespoonful of marmalade, a little candied lemon peel cut fine or grated; 1 teaspoonful of baking powder or carbonate of soda put in the last thing. Put the flour, sugar, lemon peel and soda all in a basin together, the melted butter and eggs along with the marmalade; mix all well together; put it into a shape, and steam it three-quarters of an hour. Serve with wine sauce.

40. Blackett Pudding.

6 oz. bread crumbs, $1\frac{1}{2}$ oz. sago, 4 oz. suet, 3 oz. sugar; nutmeg and lemon grated, or essence of lemon; 1 egg, and fully $\frac{1}{2}$ a teacupful of milk. Ornament the shape with either raisins or prunes, and boil it two hours. Serve with sauce made with 1 egg, a glass of wine mixed with a little water, and sugar to taste.

41. Mont Blanc Pudding.

$\frac{1}{2}$ lb. beef suet chopped very fine, $\frac{1}{2}$ lb. bread crumbs sifted fine, $\frac{1}{2}$ lb. brown sugar, 4 tablespoonfuls orange marmalade, 4 eggs well beaten. Ornament your mould with raisins, fill it, put a greased paper on the top, tie it in a cloth, and steam for four hours. Have ready a pint of whipped cream, whip it with the juice and rind of $\frac{1}{2}$ a lemon (the rind chopped very fine), and 2 oz. sifted sugar. Serve it on a cold dish, that the cream may not be at once melted; cover the pudding with cream.

42. A Wholesome Pudding.

$\frac{1}{2}$ lb. grated bread, $\frac{1}{4}$ lb. fresh butter, 4 tablespoonfuls of preserve. Butter a plain tin shape, fill it with alternate layers of crumbs, preserve, and butter. Bake it an hour, and strew with white and pink sugar after it is turned out.

43. Edgemouth Pudding.

Peel 6 good sized apples, all of the same size; carefully scoop out all the cores, and fill the holes with sugar and pounded

cloves ; place the apples in a pie-dish, and pour over them a nice, light batter, such as one makes for a nice batter pudding ; let the batter just cover the apples. Bake it for an hour in a slow oven. Brush the top while warm with white of egg, and dust with fine sugar.

44. Friar's Omelette.

Boil 6 large apples as if for sauce ; mix $\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. sugar ; when cold, add 4 eggs well beaten ; season with lemon peel, nutmeg, or almond. Butter a baking dish and strew with bread crumbs ; then put in the apples, and strew bread crumbs plentifully over the top. When baked, turn out, and sift over with white sugar.

45. Apple Domandeau.

Stew some apples in a glass of white wine with a stick of cinnamon, a little lemon juice and some white sugar. Make a rich custard ; lay the apples round the dish, and put the custard in the middle ; beat the whites of 6 eggs to a froth and lay it on the top of the apples ; sift some sugar over it, and bake in a moderate oven for twenty minutes.

46. Boiled Apple Pudding.

8 oz. chopped apples, 10 oz. currants, 8 oz. bread crumbs, 8 oz. sugar, 4 eggs. Beat your eggs, and mix the ingredients well together. Boil for two hours.

47. Apple Loaf.

Butter a bowl and line with thin cut slices of bread, allowing them to overlap, and fastened with bits of butter. Fill up with sliced apple, sugar, and a little ground cinnamon. Put bread over the top, and boil three hours.

48. Small Puddings.

The yolks of 4 eggs and the whites of 2, beat separately ; 2 tablespoonfuls of flour ; $\frac{1}{4}$ lb. melted butter (be careful not to oil it) ; and 3 tablespoonfuls of sugar. Beat all together, butter your cups or moulds, half fill them (when they rise to the top they are done). This quantity will make 5 puddings.

49. Cake Pudding.

4 oz. sugar, 4 oz. flour, 4 oz. butter. Set the butter before the fire to oil, take it up and, when nearly cold, beat it well, then add the eggs (4) first, well beaten, then the sugar and flour. Bake the mixture in small cups or tins, and serve with wine sauce.

50. French Pancakes.

Break in a basin 5 eggs, then mix in 2 oz. of warm butter, 2 oz. of fine flour, 1 pint new milk, the rind and juice of a lemon, and a little sugar; mix all together; butter 12 saucers and fill with the mixture; bake twenty minutes. When done, put them neatly one upon the other with a layer of preserves between them.

51. Rice Pancakes.

3 oz. flour of rice, and place on the fire with 1 choppin (quart) sweet milk and $\frac{1}{4}$ lb. butter; stir till it is thick and smooth; take it off, and when nearly cold stir in 3 tablespoonfuls fine flour; sweeten and season with nutmeg and pinch of salt; beat 8 eggs till light, mix them with the rice and a glass of white wine and fry them; or butter some teacups, fill them more than half full; bake in an oven. When ready, turn them out, and eat them with beat butter, wine and sugar.

52. Albert Pudding.

Beat to a cream 6 oz. fresh butter, mix by degrees $\frac{1}{2}$ lb. pounded sugar; mix with these first the yolks of 5 eggs; strew in $\frac{1}{2}$ lb. flour and $\frac{1}{2}$ lb. raisins, chopped lemon peel, a little salt, and a good glass of brandy; then beat the whites of the eggs to a froth, and add to the other ingredients. Pour into a mould and steam for three hours.

53. Prince Albert Pudding.

Beat to a cream $\frac{1}{2}$ lb. fresh butter, add gradually $\frac{1}{2}$ lb. sifted sugar, and beat well; then add the yolks of 5 eggs, which must have been thoroughly beaten, also the whites to a stiff froth; now strew in lightly $\frac{1}{2}$ lb. finest flour dried and sifted; lastly, $\frac{1}{2}$ lb.

raisins stoned, a little pounded mace, the grated rind of a lemon, and place strips of candied peel into the greased mould. Mix well before putting into the mould, and boil three hours.

54. Recipe for Plum Pudding (3).

Beat up 5 eggs with half a mutchkin (pint) good cream into a high froth; add a spoonful rose water, and 4 or 5 spoonfuls fine flour, and a small teaspoonful of salt; add some powdered nutmeg, mace, and cinnamon to your taste; $\frac{1}{2}$ lb. of sugar, 1 glass of brandy, 1 glass of white wine; beat the whole into a smooth batter. Cut $\frac{1}{2}$ lb. beef suet fine, stone and shred $\frac{1}{2}$ lb. best raisins; pick and wash $\frac{3}{4}$ lb. of currants, and dry them before the fire; mix them well with $\frac{1}{2}$ lb. of bread crumbs, shred off $\frac{1}{2}$ a lemon, 2 oz. of candied lemon peel. After being thoroughly mixed, put these into the batter, work till the whole is well incorporated, adding flour if it is not sufficiently stiff. Let it stand twelve hours before boiling; boil eight or ten hours.

55. Biscuit Pudding.

6 Albert biscuits, $\frac{1}{4}$ lb. raisins, $\frac{1}{4}$ lb. currants, $\frac{1}{4}$ lb. sugar, spice, 1 glass spirits, 4 eggs, 1 mutchkin milk; pound the biscuits, and mix them with the fruit and milk, and let it come to boil. Then cool, and mix the other ingredients, and steam three hours.

56. Ground Rice Pudding.

Put 4 oz. ground rice into a stew-pan, and by degrees stir in a pint and a half of milk; set it on the fire, with lemon and a bit of cinnamon; keep stirring it till it boils. Beat it to a smooth batter, then set it on the trivet, where it will simmer gently for a quarter of an hour; then beat 3 eggs on a plate, stir them into the pudding with 2 oz. of sugar and nutmeg; take out the cinnamon, stir it all well together; line a pudding mould with butter, and boil one hour.

57. Apple Fritters.

Cut the apples in thin round slices, with a hole in the middle; dip them into sugar and cinnamon; make a thin paste, with a

little salt, $\frac{1}{2}$ of a small wine-glass of brandy ; mix it well with the white of 1 egg beaten thoroughly. Let the paste stand an hour before using it.

58. Currant Fritters.

Thicken $\frac{1}{2}$ pint of ale with flour, add some currants ; beat it up quick ; have some hot lard in a pan ; put a large spoon of the batter in at a time, which is sufficient to make one fritter.

59. Almond Pudding.

$\frac{1}{4}$ lb. blanched almonds pounded fine, 2 eggs, 2 oz. of butter, 1 spoon of cream, and sugar to taste. Bake in small patty pans, and serve with wine sauce.

60. Almond Pudding.

$\frac{1}{4}$ lb. sweet almonds, $\frac{1}{4}$ lb. pounded sugar, 5 eggs, 1 lemon grated. The almonds to be pounded and sifted, after being blanched ; beat up 1 whole egg and the yolks of 3 with the lemon peel for quarter of an hour ; beat the whites alone till stiff, and then mix altogether ; pour into a greased mould, and steam one hour. A few bitter almonds may be added if liked.

61. Citron Pudding.

$\frac{1}{2}$ a pint of new milk, 1 spoonful flour, 2 oz. sugar, and some nutmeg ; mix them with the yolks of 3 eggs ; put the mixture in teacups, and stick in 2 oz. citron, cut in thin slices. Bake in a quick oven, and turn them out.

62. Celestial Pudding.

$\frac{1}{2}$ a pint good milk, 2 oz. butter, 3 tablespoonfuls ground rice, 3 oz. white sugar, the peel of a lemon cut fine and stewed for half an hour ; then add 1 egg and the yolks of 3 ; whisk the whites to a froth, mix them together ; put 3 tablespoonfuls white sugar into your mould, set it on the hot plate, and keep stirring it till it is a light brown, and steam three-quarters of an hour ; then put in all the ingredients, and keep stirring till the sugar and butter are quite dissolved. Serve with brandy sauce.

63. Boiled Rice Pudding.

$\frac{1}{4}$ lb. whole rice boiled in $1\frac{1}{2}$ pint of milk with 2 oz. of beef suet chopped fine; let it boil till it becomes so thick you can only just move a spoon in it (be careful it does not burn); add the yolks of 4 eggs, mix altogether; add some chopped almonds, and sweeten to taste. Boil one and a-half hour in a mould or basin.

64. Hall Pudding.

Cut some slices of white bread in pieces about four inches long and two wide, steep them in milk or cream, and fry a light brown; make a sauce as follows— $\frac{1}{2}$ pint cream, the yolks of two eggs and a glass of white wine, sugar to taste, stir one way till as thick as custard; lay the bread in a dish, and pour the sauce over it.

65. Cocoanut Pudding.

Melt together, over a slow fire, 2 oz. fresh butter and 4 oz. pounded sugar; pour them out when they have boiled for a couple of minutes; let them cool, and mix with them 2 oz. of freshly grated cocoanut, 1 oz. citron cut small, a grated rind of $\frac{1}{2}$ a large lemon, and 4 eggs; when these have been well beaten together, add the strained juice of $\frac{1}{2}$ a lemon; put the mixture into buttered pudding cups; bake half an hour in a moderate oven. The same ingredients may be made into a larger pudding, and longer baked.

66. Syrup Pudding.

$\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. golden syrup, $\frac{1}{2}$ lb. suet chopped fine, the juice and rind of a lemon, 2 tablespoonfuls milk, 2 eggs well beaten, and $\frac{1}{2}$ teaspoonful baking powder; boil four hours.

67. Eve's Pudding.

$\frac{1}{2}$ lb. bread crumbs, $\frac{1}{2}$ lb. suet chopped fine, $\frac{1}{2}$ lb. apples chopped fine, $\frac{1}{2}$ lb. currants, the grated rind of half a lemon, and 4 eggs well beaten. Boil three hours.

68. Snow Pudding.

2 tablespoonfuls flour, 2 tablespoonfuls arrowroot, 3 well-beaten eggs, 1 tumbler of milk, sugar to taste; boil the milk, thicken it, let cool a little, then add eggs and sugar. Butter a mould, strew with sugar; put in and steam three-quarters of an hour. Turn out and serve with hot jam or marmalade on the top.

69. Sponge Pudding.

3 eggs and their weight in dripping, 2 tablespoonfuls of sifted sugar; beat them up till they are a thick cream; add gradually a few currants and flour until the whole forms a stiff paste. Bake in cups for half an hour.

70. Lemon Pudding.

The yolks of 6 eggs, 4 oz. sifted sugar, the grated rind of 2 lemons; beat them well together to a solid froth; beat the whites separately till stiff; add the juice of 1 lemon and mix all together. Bake in a pie-dish for fifteen minutes.

71. Boiled Macaroni Pudding.

1½ oz. macaroni, 3 eggs, 2 breakfast cups milk, 1 tablespoonful marmalade, sugar to taste, a few raisins to decorate top of mould; soak the macaroni in water about three hours, pour off water; boil the macaroni in the milk till quite soft; butter the mould, slightly sprinkle with sugar, then stick the raisins all over it. Have the eggs well beaten. Put all the ingredients into the mould and boil one and a-half hour.

72. Mysterious Pudding.

2 eggs, flour, butter, pounded sugar, each of the weight of 2 eggs; beat the yolks and whites separately; add the grated rind of a lemon and some of the juice. When all is well mixed add the whites and stir all well together, adding one teaspoonful baking powder. Steam one hour in a buttered mould. Pour heated red currant jelly over when ready to serve.

73. Queen of Puddings.

1½ lb. bread crumbs, 6 oz. butter, 4 eggs, 2 lemons, ½ lb. coarse sugar, 1 quart sweet milk; grate the bread into a pudding dish; break the butter into small bits among the bread; beat the yolks with the coarse sugar and juice of 1 lemon; boil the milk with the rind of 1 lemon, and pour over the yolks and sugar; bake all three-quarters of an hour; beat the whites with ½ lb. fine white sugar and the juice of other lemon. When the pudding is taken out of the oven, spread over a layer of jam, then the white of an egg, and place in oven till set.

74. Wine Froth Sauce.

2 eggs, 6 oz. white sugar, a little cinnamon, rind of 1 lemon; rub the lemon rind over the sugar; then beat all the ingredients well with a whisk before the fire; add ½ pint white wine and same of water; place on the fire and keep on whisking till it is a thick froth and just comes to the boil, then remove the cinnamon and pour over the pudding.

75. Bakewell Pudding.

Line a dish with thin puff paste, spread a layer of raspberry jam one inch thick in the bottom; beat up the yolks of 4 eggs with the whites of 2; ¼ lb. pounded sugar, ¼ lb. butter melted, juice of the whole and rind of half lemon. Place this mixture over the jam, and bake half an hour in a moderate oven.

76. Preserve and Custard Pudding.

Put preserve at the bottom of a pie-dish, and grated bread crumbs over that till ¾ inch thick. Boil an English quart of milk and pour it over 4 beat eggs sweetened; pour this gently over the bread crumbs, and bake twenty minutes.

77. Vermicelli Pudding.

1 breakfast cup vermicelli, 2 tablespoonfuls marmalade, ¼ lb. stoned raisins, 2 oz. moist sugar, 3 eggs, ½ pint boiling milk. Pour the milk boiling over the vermicelli, let it stand ten minutes

covered, then mix the other ingredients; beat the eggs, stir all together. Boil in a greased mould two hours. Serve with a custard sauce.

78. Vegetable Marrow Pudding.

Boil vegetable marrow and rub through a sieve, then add 1 oz. butter, cup of cream, rind and juice of 1 lemon, 3 eggs, and sugar to taste. Line a pudding dish with paste, pour in the mixture, and bake in a moderate oven. This pudding may be made with 2 or 3 stewed apples instead of the marrow.

79. Canary Pudding.

3 eggs and their weight in butter and sugar, the weight of 2 in flour, 1 lemon rind. Melt the butter, stir to this the sugar and finely-minced lemon; dredge in the flour, keeping the mixture well stirred; whisk the eggs, and add to the pudding; beat well. Pour into a greased mould, and boil two hours.

80. Sauce.

1 glass sherry, 1 egg, a little white sugar; whisk well together, set in a saucepan, but do not allow it to boil. Keep whisking till frothed, and pour over the pudding.

81. Sambayou (Italian).

The yolks of 3 eggs, a large glassful of white wine (or, if preferred, rum may be used), 2 oz. white sugar; stir all together in a saucepan over a slow fire with a whisk, and continue till the mixture thickens. Add the whites, beaten to a stiff froth, after removing from the fire, and serve *hot* in custard glasses.

82. Glenfarg Pudding.

Weigh what number of eggs are necessary for the size of the pudding; take the same weight of sugar, flour, and fresh butter. When well mixed, flavour according to taste. Put it into a covered mould, and steam as long as necessary.

83. Christmas Pudding.

Beat 8 oz. butter with 8 oz. pounded sugar together until creamy ; add 4 eggs, beating each one in separately. Now mix in 8 oz. stoned and minced raisins, 8 oz. picked sultanas, 4 oz. finely-shredded mixed candied peel, $\frac{1}{2}$ a nutmeg grated, a tea-spoonful ground cinnamon, the grated peel of a lemon, 2 oz. ground almonds, a gill of brandy, and 8 oz. bread crumbs. Put the mixture into a greased pudding mould, one which has a close cover, and steam for six hours. Turn out, and pour the following sauce round : whisk the yolks of 2 eggs with 2 oz. sugar and a wine glass of sherry in a small stew-pan over the fire until thick and frothy.

84. Chestnut Pie.

Scald the chestnuts and remove the skins ; blanch some almonds ; pare, core, and quarter some apples ; put some fresh butter in the bottom of a dish, then put a layer of chestnuts, apples, and almonds alternately till the whole is exhausted ; strew sugar, cut citron and orange peel between each layer ; put some more fresh butter on top, and cover with paste.

85. Chestnut Pudding.

Roast the chestnuts well, peel and place them in a baking dish ; mix 4 oz. brown sugar in a large cup of water, add the juice of a lemon, pour the mixture over the chestnuts, and bake ten to fifteen minutes. The dish should be lined with puff paste.

COLD SWEETS.

C O L D S W E E T S .

86. Excellent Cream.

Put into the dish you intend to send to table 3 spoonfuls of lemon juice with a little of the peel grated, some apricots or any sweet you like to cut small; take a pint of cream with $\frac{1}{2}$ oz. of isinglass dissolved and strained in milk, and 1 oz. of sweet almonds pounded; boil it just up and put it into a dish and stir it till nearly cold; then pour it over the apricots, and, when cold, stick almonds over it. It is best to make it the day before it is wanted.

87. Charlotte à la Crème.

Line your shape with fresh finger biscuits made with a good deal of sugar; make less than half a shapeful of very rich custard seasoned to taste with Vanilla or any other sort of seasoning, and with $\frac{1}{2}$ oz. of isinglass boiled in milk; whip a shape of very rich cream seasoning also with a little lemon juice and brandy and sugar to taste. When the custard is getting cold, mix it with the cream, continuing to whip both together for some time; then pour it carefully into the mould; set it in ice or cold water till required. It cannot be too cold.

N.B.—The white of an egg accelerates the whipping of cream.

88. Lemon Cream (without Cream).

Pare 4 lemons very thin; put the peel with 14 large tablespoonfuls of water with a little cinnamon, mace, and a bay leaf, and 3 little almonds; boil it very slowly for some time; squeeze the juice of the lemons on 8 oz. of fine pounded sugar; beat well the yolks of 7 eggs and 5 of the whites together, strain them through a fine sieve with 12 tablespoonfuls of the water; sweeten to taste; put it in an enamelled saucepan and stir it one way over the fire till pretty thick and scalding—not boiling, or it will curdle—stir it more and steam for some time; then dish in glasses as custard.

89. Lemon Cream.

Take $\frac{1}{2}$ lb. of sugar and 2 lemons ; rub the rind of them with sugar and squeeze the juice of them on the sugar ; dissolve $\frac{1}{2}$ oz. of isinglass in $\frac{1}{2}$ pint of hot water ; mix them together ; break 3 eggs, then beat them ; add 1 pint of cream or good milk ; stir all well together and put into a shape.

90. Clear Lemon and Orange Creams.

To make clear and yellow lemon and orange creams, infuse the grate of 4 large lemons or oranges in $\frac{1}{2}$ English pint of boiling water, covering it up close ; cut the fruit and squeeze them in it and boil it up with $\frac{3}{4}$ lb. of loaf sugar ; mix in the whites of 6 eggs (well beat) by degrees to prevent it curdling ; set it on a clear fire, stirring it one way till scalding hot ; put it into glasses ; this is the clear cream. The yellow cream is made in the same way, with the addition of the yolks of 2 eggs mixed in the above ingredients, after being removed from the fire.

91. Swedish Cream.

Rub some pieces of lump sugar till you get all the grate ; then squeeze a lemon on the sugar and add about 2 small teacupfuls of wine—Marsala for preference with a little water, but it is better with 1 glass of Madeira ; beat 6 yolks and 3 whites and mix with the above, stirring well ; add more sugar or wine to taste ; then pour into a brass pan, stir till nearly boiling ; have ready a whisk and whisk it constantly and quickly upon the fire for a few minutes till it is thick, then pour into a crystal dish or custard glasses. To be eaten cold.

92. Italian Cream.

Take a Scotch pint of sweet cream, the juice of 2 lemons, 4 oz of sifted sugar ; whip it up till it turns thick ; then put it in a dish with holes in it to drip. Strawberry or raspberry cream may be made in the same way with fruit syrup ; make it one day in summer and two days in winter previous to using.

93. Red Currant Cream.

Beat the white of an egg to a snow and mix in 2 tablespoonfuls of red currant jelly (take care that no raspberry juice is in the jelly, as it prevents the cream from rising); whisk it constantly one way till it is of a fine pink colour and so thick that it will not drop in figures from the whisk. This is a beautiful garnish for all milk or cream dishes.

94. Apple Cream.

Boil 12 large apples in water till soft; take off the peel and press the pulp through a hair sieve upon $\frac{1}{2}$ lb. of loaf sugar; whip the whites of 2 eggs; add them to the apples and beat all together till it becomes very stiff and looks quite white. Serve it heaped on a dish.

95. Wine Cream.

A pint of cream, a pint of wine, $\frac{1}{4}$ lb. loaf sugar, and the juice of a large lemon; whisk it half an hour; put it into sixteen glasses which it will pile full enough to be genteel.

96. Blanched Cream.

Take a quart of the thickest cream that can be got; sweeten with fine sugar and orange flower water; boil it, and beat the whites of 20 eggs with a little cream; strain it when the cream is on the boil; put in the eggs, stirring it well till it thickens; then take it up and strain it again through a hair sieve; beat it well with a spoon till it is cold and put in a dish.

97. Solid Raspberry Cream.

Boil 1 oz. of isinglass in a very little water; when dissolved, strain it while warm into a pint of cream; warm $\frac{1}{2}$ a pint raspberry jelly, and put it all together into a pan, and whisk it till it becomes thick; then put in a mould. Lay a piece of muslin in the mould before you put in the cream.

98. Jenny Lind Cream.

$\frac{1}{2}$ a mutchkin cream switched, $\frac{1}{2}$ lb. ground rice boiled in milk, 1 oz. isinglass sweetened with loaf sugar.

99. Blanc Mange—Italian Cream.

Wash $\frac{1}{2}$ lb. of the best whole rice, drain on a hair sieve, put in a clean saucepan a quart cold new milk, pour on it; stir them well together; place *near* the fire to swell the rice very gradually; then simmer as gently as possible for half an hour until it begins to be quite tender; then mix in it 2 oz. fresh butter and $2\frac{1}{2}$ oz. pounded sugar, and let it continue to simmer softly until it is dry and perfectly tender. Before it is taken from the fire, scrape into it the outside of loaf sugar that has been rubbed upon the rind of a lemon.

100. Tapioca Cream.

Put 3 tablespoonfuls of tapioca overnight in enough water to cover it; in the morning boil 1 quart of milk with the tapioca; add $\frac{2}{3}$ of a cup of sugar, a little salt, and the beaten yolks of 4 eggs; stir them into the mixture and remove from the fire; when cold, put on the top the whites of the eggs beaten to a froth, with fine sifted sugar. Flavour to taste.

101. Sago Jelly.

A small teacup of sago boiled in water till dissolved and thick; add a quart bottle of prepared fruit juice or rhubarb juice, bring it to the boil; put it into small shapes or cups rinsed in cold water. If made the night before using it will stand better, but it eats better if it scarcely keeps the shape at all. For company, if it falls when dished, a little whipped cream should be put over it. Rhubarb must be stewed and strained when used for this, and plenty of sugar added, also some colouring cochineal.

102. Orange Sponge.

$1\frac{1}{2}$ oz. isinglass dissolved in a pint of water; strain it through a sieve; mix with it the juice of 6 oranges and a little lemon, sugar to taste; whisk it well together till it looks like sponge, then put in a mould.

103. Apricot Cheese.

Take a few ripe apricots and stone them; throw them into a mortar, pound them with a little sugar; when well pounded rub

them through a sieve ; whip a pint of thick cream well and mix it with the apricots ; mix a little melted isinglass with the purée ; taste if the cream be sweet enough ; continue to whip till you perceive that the isinglass is well mixed, then put it in the mould. In winter you can take a pot of apricot marmalade and rub it through a hair sieve, with a little pounded sugar, whipped cream, and melted isinglass ; make the same as above. Raspberries and strawberries can be used the same way as apricots.

104. French Blanc Mange.

A pint of calf's foot jelly, 1 pint of cream (*not rich*) ; boil the cream with lemon peel, sugar, and a bay leaf ; when boiling, pour it into the jelly, which will quickly be dissolved ; stir until nearly cold ; turn over and pour into the mould ; colour it with saffron steeped in a little water ; put a drop or more in to colour it. A custard poured over is a great improvement.

105. Clear Rice Shape.

Dissolve $\frac{1}{2}$ lb. sugar in an English pint and a half of water ; stir in $\frac{1}{2}$ lb. rice flour, put it on the fire, stir it with a silver spoon constantly till it boils five minutes ; add the white of 1 egg well beat, stir, and boil for one minute ; season with 10 drops of essence of bitter almonds ; dip your shape in cold water, put in the rice ; when cold, turn out. Garnish with red currant jelly.

106. Gâteau à la Madeleine.

Take the same weight of butter, flour, sugar, and eggs (6 eggs are generally enough) ; melt the butter in a pan, add the flour, sugar, and yolks of the eggs, beat it all well together for some time (more than half an hour), then add the whites of the eggs after they have been beaten to a strong froth. Prepare some sponge cake moulds, fill half full, so as to give them room to rise ; bake in a moderate oven. When done, turn them out on a clean sheet of paper, and put them in the oven again for a few minutes ; empty them, and fill one-half with Vanilla cream or any kind you choose, and the other half with preserves of different sorts.

107. Rice Blanc Mange.

$\frac{1}{4}$ lb. ground rice, 1 quart milk, 2 oz. sugar, a few bitter almonds, and a little rose water. This mixture must be constantly stirred while it is boiling, and allowed to boil at least twenty minutes.

108. Bavaoise of Strawberries.

Pick 2 lb. fine red strawberries, which put into a basin with 1 lb. pounded sugar; let them remain half an hour, then rub them through a sieve; add 1 oz. isinglass, previously dissolved in 2 wine-glasses of water boiled and passed through a sieve; set the whole upon ice, stirring until it begins to settle, when stir in a pint of cream well whipped, pour it into the mould, which keep upon the ice till set. When wanted, dip it into warm water and turn it upon your dish. Apples and pears may be served in the same way.

109. Gâteau de Pommes.

To $1\frac{1}{2}$ lb. lump sugar put 1 pint water, and let it boil till it becomes sugar again; then add 2 lb. apples when pared, cut, and cored, and the peel of a large lemon cut thin; should the apples not be sufficiently acid, add the whole juice of the lemon. Boil all together till quite stiff; put into moulds, and, when cold, it will turn out. Serve either alone or with whipped cream or custard over it.

110. Orange Jelly.

To the juice of 10 oranges (strained) add $\frac{1}{2}$ lb. pounded sugar, 1 oz. isinglass, previously dissolved in hot water. Beat all well together until it begins to thicken, then put it into a shape or mould. It will turn out in six hours.

III. A Hen's Nest.

Take 7 eggs, make a good-sized hole at one end, and at the other put merely a prick hole; blow out the inside, soak the shells in cold water, then fill them with blanc mange slightly coloured with saffron, and leave till they are wanted (when

required, dip them into warm water and pick off the shells); boil a teacupful of ground rice in some milk, sweeten, and put lemon juice and lemon peel to it; make a wall of this round the dish, cover with whipped cream same as for trifle, then lay strips of jelly across and across to look like straws over this wall, and lay the eggs on the centre.

112. Raspberry Sponge.

Dissolve $\frac{3}{4}$ oz. isinglass in a very little water, add $1\frac{1}{2}$ pint new milk mixed with cream, $\frac{1}{2}$ pint raspberry jelly, and the juice of a lemon; whisk the whole well together one way until it looks like sponge, put in a mould, and turn out next day.

113. Iced Cabinet Pudding.

Have ready prepared, rather stale, a sponge cake, which cut into slices $\frac{1}{2}$ inch thick, and rather smaller than the mould you intend making the pudding in; soak them well with Noyeau and brandy, then lay some preserved dried cherries at the bottom of the mould with a few whole ratafias; lay the cake, cherries, and ratafias in alternate layers till the mould is three-parts full; then have ready a quart of custard, pour it lukewarm into the mould, which close and bury in ice; let it remain at least two hours. When dished, pour over it about $\frac{1}{2}$ pint of custard, which keep previously on ice.

114. Iced Custard Pudding.

Take $\frac{1}{2}$ pint good cream, bring it through the boil; take 6 yolks and 2 whites of eggs, put them into a basin with some brown sugar, beat well; pour over the boiling cream, stirring all the time; flavour to taste; pour the custard into mould, and cover it with a piece of paper next the pudding; steam for an hour, let it cool. Immerse the mould in ice for about four hours, and serve with apple or red currant jelly round it.

115. Oxfoot Jelly.

Take 2 ox feet, well cleaned; boil them in 4 quarts of water till reduced to 2 quarts; when cold, remove the oil and fat from

the top of the jelly; strain the oil, which is then ready for use. The jelly is run through a flannel bag, and flavoured to taste. The great point in having the oil good and sweet is to get the heels of as old an animal as possible, *fresh* killed.

Another Way.—Boil to a jelly, cool, and remove the fat (oil); melt the jelly, and mix with it the yolk of an egg, well beaten; season with lemon, cinnamon, or any other seasoning; add sugar to taste.

Another Way.—Mix the jelly with cream, sugar, and season as above; when cold, turn it out of the shape; stir till nearly cold to prevent sediment.

116. Chicken Jelly.

When the fowl is cleaned, hack or chop it all up, put into a jar, feet as well; add salt, and enough water to cover. Set the jar in a pan, and simmer from eight to ten hours. Put it through a sieve, and it should be firm enough to cut with a knife.

117. Gold Fish in Jelly.

Fill 2 or 3 fish moulds with blanc mange, and turn them out when set; cover with gold leaf, and allow them to stand an hour; then take a mould and pour in a little clear jelly, lay in the fish back downwards, and set them with a little more jelly. When cold, fill up the mould with jelly; turn out on a crystal dish.

118. Curds.

Put 2 or 3 pints new milk in a pan; beat 2 or 3 eggs well, and mix 1 cupful (if old, which is sour) or 2 of new butter-milk with the eggs; add all to the milk in the pan, stir well till it boils, let it stand to cool five minutes; take the curds out with a slice, put them on a sieve to drain, then into your mould; turn out and serve with fruit or cream round the dish. Partly cream may be used, or skim milk; if all skim milk is used, add another egg, or the curd is tough.

Note.—It is best to use a mould which has little holes in it, so that the milk may drain out if any is left after the curds are put

into the mould, but a common mould will do if there is not another.

119. Leche Crème—Spanish Sweet.

Beat up 3 eggs, leaving out 2 whites, and add to them gradually $1\frac{1}{2}$ pint milk; then mix very carefully and smoothly 4 table-spoonfuls fine flour and 2 oz. finely powdered sugar, with grated lemon peel to flavour. Boil these ingredients over a slow fire to prevent burning until the flour is quite dissolved.

Prepare a dish with $\frac{3}{4}$ lb. ratafia biscuits at the bottom, with a glass of Cognac or other liqueur poured over them; when the cream is sufficiently boiled, pour through a strainer over the biscuits. Should be served cold with either cinnamon dusted over or a little jam.

120. Spanish Sweet.

To an ordinary sized cocoanut when pounded quite fine add the white of a stiffly beaten egg, sifted sugar, and a few drops of rose water to taste; make it into little sugar loaves, and set it in the oven for a few minutes. It must not colour and, while crisp outside, should be soft in the centre.

121. Crème de Rhubarbe (Norwegian).

Put $4\frac{1}{2}$ lb. rhubarb into a saucepan and simmer till it is quite mashed; put into a cloth and press out all the juice; set the juice on the fire with $\frac{1}{2}$ lb. sugar and 6 oz. corn flour or arrowroot; let it simmer till the flour is cooked, about ten minutes; take it off the fire, and pour into cups or moulds previously dipped in cold water; to be served with sugar and custard. The proportions are—1 pint juice to 2 oz. corn flour, or, if liked stiffer, more flour can be used. The mould may be decorated with blanched almonds. The juice of raspberries or currants does equally well.

BREAD, SCONE, AND CAKE BAKING.

BREAD, SCONE, AND CAKE BAKING.

122. Recipe for Barm.

To every Scotch pint of water put a good handful of hops and 1 tablespoonful of salt; stir and boil slowly without a cover for twenty minutes. Put 1 lb. malt into a stone jar, pour the boiling mixture upon the malt, and directly after 1 mutchkin of cold water; cover it, and let it stand for three hours; strain and stir in 2 handfuls of flour; put into a stone bottle with a breakfast-cupful of the former yeast; let it stand by the fire about twenty-eight hours. Keep in a cool place.

123. Bread (1).

Put 10 lb. of flour into a jar or tub, 3 handfuls of dried salt are added, and nearly 2 mutchkins of the yeast after stirring it well; then add cold water, and mix the whole with the hand to the proper thickness, which only a person accustomed to bake can know; place the jar on the kitchen hearth with the meat screen behind it; do all this at ten o'clock at night. The next morning at five o'clock knead in 10 lb. more of the flour, making 20 lb. in all; the loaves must be stiffer in the dough than the pan loaves. A piece of lard or butter the size of a bean must be kneaded into each loaf or pound of dough. Rolls can be made of the same plaited or round and glazed with an egg. If liked, a few currants in them and dusted with sugar.

124. Bread (2).

Take 1 Scotch pint warm water, 1 teacup of barm, 6 large potatoes boiled and mashed, 1 handful salt; mix all well together with as much flour as will make it like batter, then let it stand five hours, then work in the rest of the flour in the trough; let it stand two hours, then make up your loaves, and let them stand to rise an hour or more as you see they require it; then put it into the oven and bake an hour, more or less, as you see best according to size. A moderate heat is best for bread, rather quick for paste or bath biscuit.

125. Home-made Bread (3).

1 stone flour, 2 oz. yeast, 2 quarts warm milk ; let the yeast brew in a little warm water, with 1 teaspoonful of sugar and 1 of flour ; cover yeast with a plate. Put the flour in an earthenware pan, and pour the yeast into the centre ; knead it well in, adding the warm milk as required ; the dough must be kneaded till it leaves off sticking to the hand ; when kneaded, let it stand one hour before the fire ; put the dough in tins, and let it stand twenty minutes. Bake for one hour, or less, according to the oven.

126. Home-made Bread (4).

Put 1 stone flour, mixed with one tablespoonful of salt, into a large bowl or kneading trough ; dilute 3 oz. German yeast with sufficient cold water to make it smooth. Make a hollow in the centre of the flour, and pour in the yeast ; add about 1 quart warm water or milk and water, and work it into a thick batter with the surrounding flour. Sprinkle a little flour over the top, set it in a warm place for one hour or one and a-half hour to rise, then knead it up with as much more warm water as will render it firm and smooth without being stiff ; let it rise another hour, and then divide into loaves. Butter the tins slightly, and bake the bread in a well-heated oven.

127. Vienna Bread.

1 lb. flour, 1 oz. butter, 1 egg, $\frac{1}{2}$ pint milk, 1 teaspoonful castor sugar, $\frac{1}{2}$ oz. German yeast ; sieve the flour into a basin, with pinch of salt and butter ; heat the milk till lukewarm ; mix yeast with sugar until creamy ; beat up egg and add to the milk, pour on to the yeast ; mix well ; strain, and pour on to the flour. Mix quickly with the hand, cover the basin with a cloth, and set in a warm place to rise two hours ; then knead and make into shapes, horse-shoes, twists, &c. Grease and flour a tin, on which place the rolls ; set in a warm place to rise. Bake in a quick oven ten to fifteen minutes ; brush over while hot with a glaze of milk and sugar.

128. Unfermented Bread.

8 tablespoonfuls flour, 1 teaspoonful baking powder, pinch of salt, milk to moisten ; mix all the dry ingredients in a basin, pour in milk, and turn the dough on to a floured board. Shape into twists, rolls, or plaits, and bake fifteen to twenty minutes in a hot oven.

129. Egg Bread.

Beat up 3 eggs, and add to them 2 breakfastcupfuls milk ; now add, while still beating, 2 cupfuls yellow meal (Indian meal), 1 cupful cold boiled rice, and 1 tablespoonful melted butter ; beat briskly for three minutes, then add 2 teaspoonfuls baking powder. Pour all into a shallow pan, and bake in a brisk oven.

130. Buttermilk Bread.

1 lb. flour, $\frac{1}{2}$ teaspoonful carbonate of soda, $\frac{1}{2}$ teaspoonful cream of tartar, about $\frac{1}{2}$ pint sour buttermilk ; mix all the dry ingredients thoroughly ; make into a dough with the buttermilk. Make up the dough into a loaf, score across, and bake three-quarters of an hour in a moderate oven.

131. Currant Loaf.

3 lb. flour, 1 tablespoonful salt, $\frac{1}{2}$ lb. sugar, 1 oz. yeast, currants and peel ; mix all together (except the yeast) ; put it in a basin with 1 teaspoonful soft sugar and 1 pint lukewarm water ; mix it well. Make a hole in the middle of the flour, stir in the yeast, and set it at the fire to rise ; then take as much lukewarm water or milk as will make the whole into a soft dough, set it near the fire to rise for one hour, knead it well, put it into tins, and bake one hour in a hot oven.

132. Wheaten Loaf.

2 lb. wheaten meal, 1 dessertspoonful baking powder, 1 teaspoonful salt, 1 pint new milk. Bake three-quarters of an hour on a flat tin. The oven must not be too hot.

133. French Rolls.

Rub 1 oz. butter into 1 lb. flour, mix 1 egg beaten, a little yeast, and as much milk as will make the dough of a medium stiffness; beat it well, but do not knead; let it rise, and bake in tins.

134. Muffins.

1 quart flour, 1 pint warm milk, 1 teaspoonful salt, $\frac{1}{2}$ gill yeast; mix at night, and heat until light. In the morning, drop the dough into buttered cups; let them stand twenty minutes; bake, and serve hot. The same mixture for crumpets, but made into a batter instead of dough, and baked in rings.

135. Singing Hinnies.

Make a paste with $\frac{3}{4}$ lb. flour, $\frac{1}{2}$ lb. butter or well clarified dripping, and 1 teaspoonful sugar (to which some people add $\frac{1}{2}$ lb. well-washed and dried currants); moisten with water or butter-milk, and roll out about $1\frac{1}{2}$ inch thick. Mark it out in rounds or squares, bake, divide at the markings, split with a fork, and butter, and serve hot.

136. Greek Tea Cakes.

Sift 1 lb. fine flour, and warm it slightly; rub 3 oz. butter into it; then add 2 oz. castor sugar (a little spice, if liked, and a teaspoonful grated lemon peel), 1 dessertspoonful baking or egg powder, and 1 tablespoonful ground almonds. Mix to a light dough with $\frac{1}{2}$ pint tepid milk, shape into buns, place on greased tins, and bake at once in a sharp oven. Brush over with egg and milk.

137. Sally Lunn (1).

Cream 2 oz. yeast with 1 oz. castor sugar; then add 1 breakfastcupful of tepid water, and stir all together; rub 2 oz. butter into 2 lb. flour; make a well in the middle, and pour in the yeast and water; mix with a wooden spoon to a light dough, and let it rise for two hours in a warm place; take the dough at the end of this time and divide it into eight portions, handling it very lightly;

place on a buttered sheet or, if preferred, into greased round tins ; let them rise again for twenty minutes or so ; then bake in a quick oven. When nearly done, brush the tops over with milk and egg, or milk and butter, to make them shiny. Tepid milk may be used instead of water to mix them with, if liked, and another 2 oz. of butter may be added if wanted richer.

138. Sally Lunn (2).

Mix together 2 teaspoonfuls baking soda and 4 cream of tartar ; then mix 2 tablespoonfuls powdered sugar with 2 lb. fine flour ; work 2 oz. butter into the flour ; add the soda and cream of tartar, and mix the whole to the consistency of thick batter with 4 well-beaten eggs stirred in 2 cupfuls of milk and a pinch of salt. Bake one hour in a well-buttered tin.

139. Griddle Scones (1).

Take 2 lb. first flour ; put in a basin with 2 teaspoonfuls cream of tartar and 1 of carbonate of soda ; rub this well into the dry flour ; then add enough old or new milk to make a soft dough ; mix with a knife. Turn the mixture on to a floured board and roll lightly till about one inch thick, cut with a round cutter, bake on a sharp heated griddle and serve hot.

140. Griddle Scones (2).

To $\frac{1}{2}$ lb. fine oatmeal add 1 teaspoonful each of sugar and baking powder, and a good pinch of salt ; mix the sugar, meal, and baking powder ; beat into it enough skim milk or butter milk to make a light batter. Bake by spoonfuls either on a baking tin in the oven or on a griddle.

141. Wafer Scones.

$\frac{1}{2}$ lb. flour, pinch of salt, a little cream ; sieve the flour, add salt and mix with cream to a soft dough. Work it more than for ordinary scones, roll out as thin as possible, bake on floured griddle, and toast in front of the fire.

142. Scones Baked in the Oven.

1½ lb. flour, 1 teaspoonful carbonate of soda, 1 large teaspoonful cream of tartar, a lump of butter the size of an egg, 1 egg beaten up, ½ pint butter milk. Work in the butter and powders quickly with the hand, then stir all together lightly and roll as little as possible.

143. Soda Scones.

2 lb. flour, 2 oz. butter, ½ oz. carbonate of soda, ¼ oz. tartaric acid ; mix with butter milk and fire on a griddle.

144. Oatcake.

Equal quantities of pinhead oatmeal and flour ; rub in a small piece of butter about the size of a walnut very thoroughly ; then add and mix in ½ a teaspoonful bi-carbonate of soda ; when this is done, wet with a little lukewarm milk and water, work into a fairly stiff dough, then roll out with a corrugated wooden rolling-pin ; keep the edges from breaking, and roll it out fairly thin ; bake on a griddle one side only until slightly brown ; take off the fire and put on a flat tin above the fire to make it curl nicely.

145. Cumberland Oatcakes.

Take very fine oatmeal ; mix with warm water after having added a pinch of salt, and same of carbonate of soda ; roll as thin as possible in a large sheet, turn by rolling it round the rolling-pin ; rub well on under side with oatmeal, and bake on a griddle.

146. Gingerbread (1).

1 lb. flour, ½ lb. sifted oatmeal, 1 lb. treacle, ¼ lb. butter melted and poured in hot, ¼ lb. sugar, 1 teacupful milk, 1 teaspoonful carbonate of soda, ginger, and cinnamon to taste, mixed with three eggs.

147. Gingerbread (2).

¼ lb. sugar, ¼ lb. butter, ¼ lb. golden syrup, put in a pan and boil ; ½ lb. flour, 1 teaspoonful ground ginger, ½ teaspoonful soda ; beat 2 eggs well and add the boiling syrup to them, then the dry

ingredients; butter and paper a cake tin; bake in a moderate oven one hour.

148. Mrs B.'s Gingerbread.

4 oz. butter, 4 oz. sugar, 8 oz. treacle, 2 eggs, 12 oz. flour, 4 oz. currants; grate of half a lemon, milk or sour cream, small teaspoonful baking soda, dessertspoonful ground ginger; rub the butter into the flour, mix in the other dry ingredients, add the treacle and eggs well beaten, and sufficient milk to make a nice dough. Bake in a rather slow oven. 2 tablespoonfuls of oatmeal is an improvement.

149. Sponge Gingerbread.

$\frac{1}{2}$ lb. moist sugar, break upon it 4 eggs, beat them together for a few minutes; have ready $\frac{1}{2}$ lb. butter and $\frac{1}{2}$ lb. treacle melted together. Pour this while hot upon the eggs and sugar; whisk till cold; then add 1 lb. flour, 1 teaspoonful carbonate of soda, $\frac{1}{2}$ teaspoonful allspice, $\frac{1}{2}$ teaspoonful ground ginger. Bake in little tins in a quick oven.

150. Gingerbread.

Rub a pat of butter into 1 lb. flour; mix 2 teaspoonfuls of carbonate of soda (well pounded), 3 teaspoonfuls of Jamaica pepper, 2 teaspoonfuls pounded cinnamon, a pinch of ginger, 1 lb. treacle. Bake in a moderate oven.

151. Nuremberg Gingerbread.

10 oz. flour, 6 oz. butter, 8 oz. castor sugar, 4 oz. mixed peel, 4 small eggs, 6 oz. almonds, 2 tablespoonfuls thin cream, $\frac{1}{2}$ teaspoonful carbonate of soda, $1\frac{1}{2}$ oz. mixed spice or $\frac{1}{2}$ oz. each ground ginger, cinnamon, and cloves, 1 pinch salt; grease a shallow tin, and sprinkle on it chopped almonds; rub the butter into the flour, and add shredded peel and almonds, sugar, spices; mix and pour in the eggs, after having added the carbonate of soda (if necessary, a little milk); beat quickly, pour into the tin, and bake thirty minutes in a quick oven.

152. Belmont Gingerbread.

2 lb. flour, 2 lb. treacle, $\frac{3}{4}$ lb. moist sugar, $\frac{1}{2}$ lb. butter, $1\frac{1}{2}$ oz. ground ginger, 1 oz. carraway seeds, $\frac{1}{2}$ oz. ground allspice; melt the butter in the oven along with the treacle for a few minutes; then mix all the ingredients well together the day before you wish to make it; then roll out the usual thickness; bake in tins about ten minutes.

153. White Gingerbread.

$\frac{3}{4}$ lb. flour, $\frac{1}{2}$ lb. sugar (pounded and sifted fine), $\frac{1}{2}$ lb. butter, 3 tablespoonfuls sweet milk, 2 tablespoonfuls brandy, 2 tablespoonfuls grated ginger; put the butter to melt in oven; while that is being done, put the above-mentioned ingredients in the flour, last of all the butter; mix all well together, and bake on a tin. A little Cayenne pepper is a great improvement.

154. Mrs B.'s Chocolate Cake.

4 oz. butter, 4 oz. sugar, 4 oz. chocolate, 1 oz. potato flour, $1\frac{1}{2}$ oz. best flour, 3 eggs; beat yolks with the sugar, and the whites to a stiff froth; beat butter and ground chocolate to a cream, add sugar and yolks and both kinds of flour; mix whites in lightly; flavour with Vanilla and shred almonds; bake in a moderate oven.

155. Soda Cake (1).

Take 2 lb. flour; rub into it $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, 1 lb. currants, 3 oz. orange peel, 3 teaspoonfuls cinnamon, 1 English pint buttermilk, $2\frac{1}{2}$ teaspoonfuls carbonate of soda; mix all well together. The soda should be put in last, when the other things are well mixed. Bake one hour; if large or small, you can judge.

156. Soda Cake (2).

1 lb. flour, $\frac{1}{2}$ lb. raisins, $\frac{1}{2}$ lb. currants, $\frac{1}{4}$ lb. orange peel, 1d. worth of cinnamon, 6 oz. brown sugar, 6 oz. beat butter, 1 large teaspoonful carbonate of soda mixed in a little milk; mix these well together, and add 3 gills of warm milk and $\frac{1}{2}$ wineglassful of brandy.

157. Seed Cake (1).

1 lb. flour, 1 lb. butter, 1 lb. sugar, 6 eggs, 1 lb. currants, $\frac{1}{4}$ lb. orange peel, 1 oz. carraway seeds, and essence of lemon.

158. Seed Cake (2).

3 lb. flour, $\frac{1}{2}$ lb. sugar, 6 oz. butter, 1 oz. carraway seeds, 3 eggs.

159. Vinegar Cake (1).

6 eggs, $\frac{1}{4}$ lb. butter beat to a cream, $\frac{1}{2}$ mutchkin milk, 1 table-spoonful vinegar, $\frac{1}{2}$ lb. currants, $\frac{1}{2}$ teaspoonful carbonate of soda; a quick oven.

160. Vinegar Cake (2).

Beat to a cream 6 oz. fresh butter; add 8 oz. ground sugar; beat for a short time, and drop in 1 egg; beat a few minutes; then another egg—and so on, till you have put in 4; mix together $\frac{1}{2}$ English pint new milk with $\frac{1}{2}$ teaspoonful carbonate of soda and 2 table-spoonfuls vinegar; add 1 lb. flour and $\frac{1}{2}$ lb. currants mixed together; then mix the whole ingredients together; put in a papered tin; bake in a moderate oven one and a-half hour.

161. Laconic Cake (1).

$\frac{1}{2}$ lb. butter beat to a cream, a mutchkin of milk, 3 eggs, $\frac{3}{4}$ lb. good flour, 2 oz. orange peel, $\frac{1}{2}$ lb. raisins, 30 drops essence of lemon or cinnamon, 6 oz. sugar.

162. Laconic Cake (2).

1 lb. flour, $\frac{1}{2}$ lb. raisins cut small, $\frac{1}{4}$ lb. brown sugar, $\frac{1}{2}$ lb. fresh butter, 4 eggs, 1 large teaspoonful carbonate of soda, and a little milk; mix the soda and flour well together; mix all ingredients; and bake in a slow oven two hours.

163. Tea Cake (1).

1 lb. flour, 3 oz. butter, 12 oz. brown sugar, $\frac{1}{2}$ lemon grated and juice, 1 teaspoonful soda dissolved in a little milk, 2 eggs well beaten; mix all well together, and bake one hour.

N.B.—A wineglassful of milk will be enough.

164. Tea Cake (2).

13 oz. sugar, 8 oz. butter, 4 eggs, $\frac{1}{4}$ oz. sal volatile, 1 lb. flour, 18 drops essence of lemon ; bake in a slow oven.

165. Sandwich Cake.

Take a sponge or queen cake mixture, spread it on a tin an inch thick ; bake it, then split it and spread jam between the pieces ; join them together, then ice them or cut them any shape you like.

166. Rout Cakes.

The same mixture as above, baked on sheets and iced on the top ; cut in square or round pieces and dusted with coloured sugar.

167. A Plain Cake.

2 lb. flour, $\frac{1}{2}$ lb. butter rubbed into the flour, 1 lb. sugar, 1 lb. currants, $\frac{1}{2}$ pint buttermilk, 4 eggs, and 2 nutmegs ; mix 2 teaspoonfuls of carbonate of soda in it, the last thing ; also a glass of brandy.

168. White Seed Cake.

1 lb. flour, $\frac{1}{2}$ lb. flour of rice, 1 lb. sugar, $\frac{1}{2}$ a nutmeg, $\frac{1}{4}$ lb. currants, 2 oz. orange peel, a little essence of lemon, 9 eggs, a small bit of butter. Bake in a moderate oven.

169. Very Rich Cake.

1 $\frac{1}{2}$ lb. fine sugar, 3 $\frac{1}{2}$ lb. currants, 1 lb. butter, 2 lb. flour, $\frac{1}{2}$ lb. cut almonds, $\frac{1}{4}$ lb. mixed spices, some grated lemon, 18 eggs, 2 gills of brandy ; paper your hoop (which will require to be large), pour in the mixture, and bake in a moderate oven some hours. For use when cold.

170. Tea Cake.

1 lb. flour, 1 teaspoonful baking powder, nearly a breakfast-cupful of milk, $\frac{1}{2}$ lb. butter, $\frac{1}{4}$ lb. raisins, $\frac{1}{4}$ lb. sugar, 4 eggs well beat. Bake in rather a quick oven.

171. Gold and Silver Cakes.

These excellent cakes, which derive their name from their colour, should be made at the same time, as both the yolks and whites of the eggs will then be brought into requisition. Take 1 lb. flour dried and sifted, 1 lb. sugar, $\frac{3}{4}$ lb. butter, the yolks of 14 eggs, the rind of 2 lemons grated, and also the juice; beat the butter and sugar to a cream, and add the yolks well beaten and strained; then add the lemon peel and flour and 1 teaspoonful of sal volatile dissolved in a little hot water; beat it well, and just before putting into the oven add the lemon juice, beating it in thoroughly. Bake in square flat tins, ice it thickly, and cut it in square pieces. It looks pretty on a dish with the silver cake, which is made as follows:—1 lb. sugar, $\frac{3}{4}$ lb. flour dried and sifted, 6 oz. butter, a little mace and citron, and the whites of 14 eggs; beat the sugar and butter to a cream; add the whites, beaten to a stiff froth, and then add the flour. Bake and serve as the preceding.

172. Currant Lozenges or "Black Bob."

Put a few pints of black currants in a brass pan, bruise them with your hand while on the fire as long as you can bear it, squeeze them through a hair sieve; to every English pint give 4 oz. raw sugar, boil three-quarters of an hour, then pour on the bottom of saucers, set them before the fire to dry, and turn them every day for 4 days; lay them between folds of paper and hang them up to dry; they may either be kept whole or cut in lozenges and put into small spill boxes. They are excellent for colds and sore throats.

173. Rice Cake.

Whip 10 eggs for half an hour, add to them $\frac{1}{2}$ lb. flour of rice, $\frac{1}{2}$ lb. sifted loaf sugar, the grated peel of 2 lemons; mix this into $\frac{1}{2}$ lb. fresh butter previously beat to a cream. Bake in a buttered tin.

174. Old Maid's Cake.

Beat up $\frac{1}{2}$ lb. fresh butter with $\frac{1}{2}$ lb. sugar for fifteen minutes, add 1 egg occasionally till you have added 5, have $\frac{1}{2}$ lb. currants mixed with $\frac{3}{4}$ lb. flour; mix all together by stirring as little as possible. Bake in a moderate oven for two hours.

175. Madeira Cake.

Beat 12 oz. fresh butter to a cream, add 1 lb. sugar and 1 lb. ground sugar and beat for some time; drop in 2 eggs, beat for a few minutes, again drop in 2 eggs, and so on till you have added 12; mix in gently $1\frac{1}{4}$ lb. flour (some add $1\frac{1}{2}$ lb., with the addition of a little sal volatile), 10 drops essence of lemon, pour into a buttered tin; dust a little fine ground sugar on the top, then 3 thin slices of citron peel. Bake from an hour to an hour and a-half in a moderate oven.

176. Sultana Cake.

Take 1 lb. soft sugar, beat with $\frac{3}{4}$ lb. butter for twenty minutes, add 2 eggs, and beat for some time, and so on till you have added 12; then mix in gently $1\frac{1}{2}$ lb. flour with $1\frac{1}{2}$ lb. Sultana raisins. Bake in a slow oven for two hours.

177. Bachelor's Cake.

Beat 1 lb. soft sugar with $\frac{1}{4}$ lb. butter for fifteen minutes; mix 3 teacupfuls of buttermilk with 3 teaspoonfuls carbonate of soda and 1 teaspoonful tartaric acid; add to the sugar and butter; mix in 1 lb. raisins with $1\frac{1}{2}$ lb. flour, 1 oz. mixed spices, 2 oz. minced orange peel. Mix all together, and bake in moderate oven for two hours.

178. Plum Cake (1).

$3\frac{1}{4}$ lb. flour, 3 lb. butter, 3 lb. sugar; beat the sugar and butter to a cream with the hand in a brass pan; take 3 doz. eggs, drop in 3 at a time, then beat a while; add 3 more, till you have added 27; then take a handful of the flour, beat well for a few minutes, add other 3 eggs, a handful of flour, then other 3, and so on till the eggs are all in; a little saffron to colour it; take $4\frac{1}{2}$ lb. currants, $\frac{1}{2}$ lb. Sultana raisins, $2\frac{1}{2}$ lb. orange peel, but in good thick strips, a handful of carraway seeds, $\frac{1}{2}$ tumblerful new milk. This is Bride's Cake, and a very rich cake.

179. Plum Cake (2).

$\frac{1}{2}$ lb. butter beat to a cream, then add 1 lb. sugar, the yolks of 5 eggs (beat the whites stiffly and also add), $1\frac{1}{2}$ lb. flour, a little

ground rice, 1 teacupful milk (buttermilk is best), with a small teaspoonful carbonate of soda stirred into it, $1\frac{1}{2}$ lb. Sultana raisins, $\frac{1}{4}$ lb. orange peel. Not too quick an oven.

180. Rich Plum Cake.

2 lb. currants, 1 lb. butter, 1 lb. flour, 1 lb. moist sugar, $\frac{1}{2}$ lb. candied lemon peel, $\frac{1}{2}$ lb. citron, 2 oz. sweet almonds, $\frac{1}{2}$ oz. cinnamon, 8 eggs, a little carbonate of soda; mix the ingredients well together. Bake in a slow oven five hours, and pour a small wine-glass of brandy over the cake when taken from the oven while still hot.

181. Snow Cake (1).

$\frac{3}{4}$ lb. fresh butter beaten to a cream, $\frac{1}{2}$ lb. sifted sugar, 1 lb. potato flour, 2 eggs and white of another, 30 drops lemon essence. The sugar and flour must be heated. Bake in a slow oven.

182. Snow Cake (2).

$\frac{1}{2}$ lb. arrowroot, $\frac{1}{4}$ lb. castor sugar, $\frac{1}{4}$ lb. salt butter, 3 whites of eggs, 1 teaspoonful flour and 1 of sugar shaken over the tin after greasing. Cream the butter and sugar, beat the whites to a stiff froth, add the arrowroot to the butter and sugar, lastly the whites; mix together with an iron spoon. Beat fifteen to twenty minutes. Bake one hour in a moderate oven; the tin should be only three-parts full.

183. Sponge Cake.

1 lb. flour, $1\frac{1}{2}$ lb. sugar, 12 eggs; dissolve the sugar with 1 teacupful of water; stir over the fire till it boils (some approve of five minutes good boiling as an improvement); break the eggs, pour over them the boiling sugar, and whisk for twenty minutes; add some drops of lemon flavouring, then the flour gradually. Paper the tin without buttering it.

184. Simple Currant Bun.

1 lb. flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. raisins, $\frac{1}{2}$ lb. currants, 1 small teaspoonful carbonate of soda, 3 eggs; break the butter well into the flour, then add the fruit; dissolve the soda in a little

water ; have ready some warm milk, into which mix the eggs, and mix all together. Some candied peel or citron is an improvement. Bake three-quarters of an hour. This quantity is sufficient for two cakes.

185. Cake without Eggs.

$\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. currants, $\frac{1}{4}$ lb. ground rice, $\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. brown sugar, a half-mutchkin and the half of a half-mutchkin of new milk, 1 teaspoonful carbonate of soda. Season with ratafia and orange peel. Butter the tin.

186. Miss Wilson's Cake.

1 lb. butter beat to a cream ; add 2 lb. brown sugar, 12 eggs well beaten, $\frac{1}{2}$ oz. carraway seeds, $\frac{1}{4}$ oz. cinnamon, 1 nutmeg, 2 spoonfuls barm (heated), 1 cup cream, 1 glass brandy, $2\frac{1}{2}$ lb. flour, $1\frac{1}{2}$ lb. currants. Beat the above ingredients well together before they are put into the tin to bake.

187. Sponge for Sweet Sandwiches.

The weight of 2 eggs in flour, the same of sugar ; beat the eggs and sugar for fifteen minutes ; pour on a buttered Yorkshire pudding-dish. Cut in pieces to taste.

188. Shrewsbury Cakes (1).

Rub $1\frac{1}{2}$ lb. flour into 1 lb. fresh butter, 1 lb. sugar ; make it into paste with $\frac{1}{2}$ gill cream and 1 egg ; let it lie half an hour, roll out thin, cut in small cakes 3 inches thick. Bake in moderate oven.

189. Rich Cheese Cakes (1).

Take 8 eggs, beat them up with $\frac{1}{2}$ lb. sugar ; add $\frac{1}{2}$ lb. rough ground rice, about $\frac{1}{2}$ oz. bitter almonds well cut, and some lemon rind. After beating all this twenty minutes, add $\frac{1}{2}$ lb. melted fresh butter ; mix all together ; butter the patty pans, and fill half full. The oven should be rather cool. Half the quantity may be made, but these cheese cakes keep well.

190. Curd Cheese Cakes.

3 chopins milk (prepared with rennet), $\frac{1}{4}$ lb. sugar, 6 oz. currants, 6 oz. fresh butter broken in small pieces, not melted. Mix well with the hand; cloves and cinnamon to give taste, and a handful of grated crumbs of bread; 6 eggs, and a small tea-cupful of British brandy, with lemon peel steeped in it. Beat all well; fire them a fair brown, and pile in tart pans (or a small ashet) for a top dish with thin paste in the pans.

191. Crown Cakes.

Take 1 lb. flour, 4 oz. best sugar, $\frac{1}{2}$ oz. caraway seeds, 3 yolks of eggs, 4 oz. fresh butter, and 1 gill cream; knead it till it is smooth and light, roll it out very thin, prick with a fork, cut out with a paste cutter, dredge a little flour on greased paper, lay the cakes on it, glaze with a beat egg, and bake a light brown.

192. Rich Cheese Cakes (2).

$\frac{1}{4}$ lb. ground rice, $\frac{1}{4}$ lb. butter beaten to a cream, 3 oz. pounded loaf sugar, the rind of one grated lemon, yolks of 4 eggs, all well mixed, a pinch of salt; bake in tins. These will keep four weeks.

193. Lemon Cheese Cakes.

The rind and juice of 3 lemons and the yolks of 7 eggs, $\frac{1}{2}$ lb. butter, 1 lb. sugar finely sifted.

194. Small Cakes.

$1\frac{1}{2}$ lb. flour, $\frac{3}{4}$ lb. best crushed sugar, $\frac{3}{4}$ lb. butter, 3 eggs, and flavour with Vanilla; mix all together and knead well, then roll out; cut in shapes and bake in well-floured tins. When the cakes are ready, brush them over with a beaten up egg, and sprinkle with sugar and chopped almonds; bake in a brisk oven.

195. Glenearn Queen Cakes.

$\frac{1}{2}$ lb. flour, 6 oz. sugar, $\frac{1}{4}$ lb. butter, 4 eggs, a few currants, a lump of sugar rubbed on a lemon, or the grated rind of a lemon, about 1 teaspoonful baking powder.

196. Shanwell Rice Cakes.

$\frac{1}{4}$ lb. flour, $\frac{1}{4}$ lb. ground rice, $\frac{1}{4}$ lb butter (fresh), 3 oz. lump sugar, juice of $\frac{1}{2}$ a lemon, 2 eggs well beaten, a dessertspoonful of Borwick's baking powder ; bake about twenty minutes to half an hour ; oven not too quick.

197. Sand Cake.

Put $\frac{1}{4}$ lb. castor sugar into a basin, beat with it the yolks of 8 eggs, add $\frac{1}{4}$ lb. liquid butter, a little grated lemon peel, the whisked whites of 6 eggs, and $\frac{1}{4}$ lb. flour ; mix in each ingredient separately, and beat all well together. Bake in a round shallow mould.

198. Shrewsbury Cakes (2).

$\frac{1}{2}$ lb. butter rubbed into $2\frac{1}{2}$ lb. flour, 1 lb. sugar, $\frac{1}{2}$ oz. volatile, 3 eggs, a little new milk ; cut into any nice shapes you like ; brush over with a little new milk, then dip in rough loaf sugar, with almonds cut in thin slices strewn amongst the sugar. Bake in oven till a nice brown ; colour with a little saffron.

199. Queen Cakes and Cheese Cakes.

$\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. sugar ; beat lightly together ; add 1 egg, and so on till you have added 8, beating all the time ; when you find it beginning to oil, which it would do about the time you add the 6th egg, have ready $\frac{3}{4}$ lb. flour, shake in a little ; when all the eggs are in and well beat, mix in gently all the flour, also $\frac{1}{4}$ oz. volatile, season with lemon ; line your pans with puff paste, fill half full ; cut a few strips of paste ornament on the top. A quick oven.

Queen cakes may be made of the same mixture, only butter the pans and put a few currants on the top.

200. Cocoanut Cakes.

Grate 1 cocoanut, weigh, and put the same weight of sugar with sufficient white of eggs well beaten to make it into a stiff paste, with a few drops of lemon or Vanilla essence ; drop on wafer paper, and bake a light brown.

201. Rice Cakes.

$\frac{1}{2}$ lb. flour rice, 1 lb. butter, 1 lb. sugar, $\frac{1}{2}$ lb. flour; take the butter, melt it to a cream, and add your sugar pounded; stir it till it becomes quite light, then break in 12 eggs, 3 at a time; keep stirring all the time; when the eggs are worked in, add the rice flour. Bake either as a large cake or small.

202. Ginger Cakes.

1 lb. flour, $\frac{3}{4}$ lb. loaf sugar, 1 oz. ground ginger, 1 teaspoonful baking powder, 5 eggs, 1 orange peel cut small; mix the baking powder with the flour, add the eggs to the other ingredients, beat all with the hand eighteen minutes; drop on tins.

203. Small Seed Cakes.

Rub $\frac{1}{4}$ lb. butter well into 1 lb. flour; add $\frac{1}{2}$ lb. or $\frac{3}{4}$ lb. powdered sugar; 1 egg beaten with cream; make all into a stiff paste; a few carraway seeds, if liked.

204. Transparent Gingerbread.

1 lb. treacle, $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. butter, 6 oz. sugar, Cayenne and ginger to taste; melt the butter, and shake the flour in by degrees.

205. Bath Biscuits.

1 lb. flour, $\frac{1}{2}$ lb. sugar, $1\frac{1}{2}$ oz. sal volatile, 2 oz. butter; mix with some milk.

206. Hot Cross Buns.

3 lb. flour, $\frac{3}{4}$ lb. butter, $\frac{3}{4}$ lb. sugar, a little ginger, essence of lemon, a little saffron, 1d. worth barm, currants, if liked.

207. London Buns.

3 lb. flour, $\frac{3}{4}$ lb. butter, 1d. worth barm (or yeast), $\frac{3}{4}$ lb. loaf sugar, $\frac{1}{4}$ lb. Sultana raisins, $\frac{1}{4}$ lb. orange peel; season with lemon; 6 eggs.

208. Tea Cakes, Rolls, and Buns.

4 lb. flour, 8 oz. butter, 2 tablespoonfuls good yeast, made up with new milk; the milk and butter to be put together and warmed; 1 teacupful sugar for the buns. They should rise for nearly one hour after they are made up. This quantity makes 8 tea cakes, 18 dinner rolls, and 22 buns.

209. Good Little Cakes.

$\frac{1}{2}$ lb. flour, 6 oz. butter rubbed into the flour, $\frac{1}{4}$ lb. pounded sugar, 1 egg well beaten, and drop on tins to bake.

210. Buns.

Mix 2 lb. flour, 1 pint milk, $\frac{1}{2}$ lb. butter, 4 eggs, 4 spoonfuls barm; beat them well together; put them to rise one hour before the fire; then add 1 lb. currants, a little nutmeg, pounded cinnamon, and a little salt.

211. Ginger Cakes.

Boil 1 lb. sugar till it sugars again; wet a spoon and try if it will slip, if so, it is done enough; then add to it 1 oz. ground ginger; let it boil, then drop it with a spoon in small cakes.

212. Brandy Snaps.

1 lb. flour, 8 oz. brown sugar, 12 oz. treacle, 1 oz. ginger, 8 oz. butter; the less working the better. Bake in a moderate oven.

213. Arrowroot Biscuits.

10 oz. fresh butter, 6 eggs, 10 oz. sifted sugar, 12 oz. sifted arrowroot, 10 oz. flour, essence of lemon. To be dropped in tins from a bag.

214. Parkin Gingerbread.

4 lb. oatmeal, 3 lb. treacle, $\frac{1}{2}$ lb. butter, 1 oz. ground ginger, 1 oz. carraway seeds. Melt the butter and treacle together; dissolve a piece of potash the size of a nut in a little water; mix all well together, and bake in Yorkshire pudding tins in a moderate oven. When pretty cool, cut in pieces.

215. Brandy Wafers.

4 oz. butter, 4 oz. sugar, 4 oz. syrup, 3 oz. flour, 1 oz. ground ginger. Melt the butter, stir in the other ingredients, drop a dessertspoonful on a baking tin, and bake in a sharp oven. When baked, roll round the handle of a wooden spoon.

216. Ginger Nuts.

1 lb. flour, $1\frac{1}{2}$ lb. treacle, 1 lb. sugar, $\frac{3}{4}$ lb. butter, $1\frac{1}{2}$ oz. ground ginger, a small quantity lemon peel chopped fine. Bake them in a slow oven.

217. Ginger Biscuits.

Take $\frac{1}{2}$ lb. flour, 6 oz. sugar, 4 oz. butter, 1 oz. ground ginger, 2 tablespoonfuls water.

218. Carraway Biscuits.

3 breakfastcupfuls flour, 2 teacupfuls lump sugar pounded, 1 large tablespoonful carraway seeds; rub a small bit of butter into the flour. Before you add the sugar and seeds, make it into a stiff paste with a little milk, roll out thin, and cut them into any shape you please. Bake in a cool oven a light brown.

219. Butter Biscuits.

Rub 12 oz. butter into 3 lb. flour, $\frac{1}{2}$ pint sour milk, $\frac{1}{2}$ oz. carbonate of soda, $\frac{1}{4}$ oz. tartaric acid.

220. Sugar Biscuits.

12 eggs, 12 oz. sugar, 12 oz. flour; beat the eggs and sugar till very light, then sift in the flour; beat lightly, then run them through a funnel in fingers and round drops.

221. Arrowroot Biscuits.

$\frac{3}{4}$ lb. arrowroot, $\frac{1}{2}$ lb. butter, $\frac{1}{4}$ lb. sugar; beat together to a cream, then drop in an egg; beat again, add a little arrowroot, then an egg (alternately). Bake in a quick oven.

222. Lemon Biscuits.

$\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. butter, 4 eggs, $\frac{1}{2}$ oz. sal volatile, a little lemon. Beat the sugar and butter, then add the eggs by degrees, but put in a little flour after the first 2 eggs, or rub the butter in the flour, then add sugar, eggs, and volatile.

223. Abernethy Biscuits.

4 lb. flour, 6 oz. butter rubbed into the flour, 6 oz. sugar, a little soda and pine ashes, a few carraways.

224. Wine Biscuits.

4 lb. flour, 12 oz. butter rubbed into the flour, 6 oz. sugar, a little soda and pine ashes.

225. Victoria Biscuits.

Take 3 lb. flour, 1 lb. butter rubbed into the flour, 1 lb. sugar, 6 eggs dropped in, $\frac{1}{2}$ oz. volatile, a little essence of lemon.

226. Ginger Biscuits.

$1\frac{3}{4}$ lb. flour, 10 oz. butter, $1\frac{1}{2}$ oz. ginger; rub butter into the flour, $1\frac{1}{4}$ lb. sugar, 2 eggs, $\frac{3}{4}$ oz. volatile; mix with water.

227. Raspberry Biscuits.

$\frac{1}{2}$ lb. raspberries, $\frac{1}{2}$ lb. sifted sugar, 1 white of an egg; beat all for two hours, then drop it on paper, and set it to dry. Any other fruit will do as well.

228. Wheaten Biscuits.

$\frac{1}{4}$ lb. wheaten flour, 2 oz. sugar, 2 oz. butter, 1 teaspoonful baking powder; rub the butter into the flour; add the other ingredients, roll out, and bake in a moderate oven.

229. Water Biscuits (1).

2 lb. flour, 4 oz. butter, 4 oz. sugar; rub the butter into the flour, then add the sugar and sufficient water to make a stiff dough;

roll out very thin, and cut with cutters the size required, and bake in a quick oven.

230. Water Biscuits (2).

2 tablespoonfuls flour, butter the size of a pigeon's egg, a pinch of salt, sufficient milk to make a stiff dough; break the butter into the flour, and mix in the other ingredients; before rolling out beat the dough well with the rolling-pin; break off little bits of the dough. Roll out as thin as possible, and bake in a quick oven.

231. Squirt Biscuits.

1 lb. flour, 1 lb. arrowroot, 1 lb. butter, 1 lb. sugar; rub in all together. Beat up 4 eggs, make into a stiff dough, and squirt through a funnel, and bake in quick oven.

232. Rusks.

1 lb. flour, 4 oz. butter, 1 tablespoonful yeast or 2 teaspoonfuls of baking powder, 2 eggs, rather more than $\frac{1}{2}$ pint of milk; set the dough by the fire to rise, cut it into round cakes, and when half baked divide each cake into two, then put them in the oven again to finish baking.

233. Macaroons.

Blanch $\frac{1}{2}$ lb. sweet almonds, pound them very fine in a mortar with the whites of 4 eggs, add 10 oz. powdered sugar and the grated rind of 1 lemon; mix all well together, and bake in small cakes on wafer paper.

234. Danish Kringles.

The yolks of six hard-boiled eggs rubbed through a sieve, $\frac{3}{4}$ lb. flour, $\frac{1}{2}$ lb. butter, $\frac{1}{4}$ lb. sugar (sometimes the grated rind of a lemon); mix well together, and knead until it will roll. Divide and roll into small biscuits, and bake in a moderate oven.

PRESERVING, PICKLING, AND
CURING.

PRESERVING, PICKLING, AND CURING.

235. Marmalade.

Allow $1\frac{1}{4}$ lb. of sugar to each pound of oranges ; grate one-third of the oranges, pour 1 English pint of boiling water over the gratings, cover it up till all is ready for the fire ; put it through a sieve, keep back the gratings, and add the water to the marmalade ; cut the oranges into four pieces, take the skins from them, put them on the fire in cold water, let them boil about four hours ; scrape the pulp from the inner skins, put the seed and refuse into 2 pints of water, wash them well in it, put it through a sieve, add it to the marmalade ; cut the boiled skins into pieces like straws, put it all on the fire, and boil about forty minutes.

N.B.—After the skins have boiled for an hour, pour off the water and add boiling water to them.

236. Sweet Chutney (1).

2 lb. of sugar, 2 lb. of raisins, stoned and cut, 1 lb. of mustard seeds washed, dried, and gently crushed, $\frac{1}{4}$ lb. of salt, $\frac{1}{4}$ lb. garlic sliced finely, $\frac{1}{4}$ lb. of chillies finely sliced, $\frac{1}{4}$ lb. green ginger sliced, 2 quarts of the best vinegar, 30 large apples peeled, cored, and sliced ; melt the sugar and salt in 1 quart of vinegar on the fire, stirring all the time, and remove any scum that may rise ; do not let it boil ; then strain it into a basin. Put the apples in the second quart of vinegar and let them boil ; when quite tender throw in all the other ingredients and stir well ; warm all thoroughly, but do not let it boil ; allow it to cool in a large china bowl, and for the next three days stir it well, then bottle the mixture and cork it tightly.

N.B.—A china lined or iron saucepan should be used ; on *no account* use a copper pan.

237. Chutney of Mangoes or Apricots (2).

Take 2 lb. sugar, 3 lb. apricots or mangoes, and make into jam. When that is done, add 2 lb. raisins cut very small, 2 oz.

garlic, 4 oz. green ginger, 2 oz. chillies all well pounded, 2 oz. salt. Mix all these ingredients with the jam, and boil together for a quarter of an hour. When done, add 2 quart bottles vinegar, and stir the whole twenty minutes, but not on the fire.

N.B.—Use plums or apples in place of the mangoes, and 1 lb. best preserved ginger makes the chutney much nicer than the green ginger; it should be sliced. The vinegar is best boiled when all the ingredients are mixed together, it takes off the rawness.

238. Pickling Walnuts.

Make a brine of salt and water in the proportion of $\frac{1}{4}$ lb. salt to 1 quart water; put the walnuts into this to soak for two days; run a large needle into them in half a dozen places, this allows the pickle to penetrate; put them on a sieve to drain, then lay them on a tray or any board, letting them stand in the air till they turn black; this may take a couple of days. Put them into glass or unglazed stone jars, fill these about three-parts with the walnuts, and fill them up with the following pickle: to each quart of the strongest vinegar put 1 oz. black pepper, 1 oz. ginger, 1 oz. shalots, 1 oz. salt, $\frac{1}{2}$ oz. allspice, and $\frac{1}{2}$ drachm Cayenne; put these into a stone jar, cover it with a bladder wetted with the pickle; tie over that some leather, and set the jar by the side of the fire for two days, shaking it up three times a day; then pour it while hot to the walnuts, and cover them down with bladder and leather.

239. Cucumber Catsup.

Take full-grown cucumbers and one-third onions; peel and slice the cucumbers and onions, and put plenty of salt to both; let them stand twenty-four hours; then strain it, and to every quart of liquor put a quart of good white wine; boil it with plenty of nutmeg, mace, and white pepper. To every 2 quarts liquor put $\frac{3}{4}$ lb. anchovies, and a good stick of horseradish. Boil it all together for some time. Bottle when cold.

240. Mushroom Catsup.

Take large, full-grown flap mushrooms, fresh gathered; put a layer in a deep earthen jar, then a layer of salt, and so on

alternately ; let them remain two or three hours, then pound them well with the hands ; allow them to remain two days, each day stirring and mashing them well. Pour into a stone jar, and to every quart add 1 oz. whole black pepper. Stop the jar very close, set it in a stew-pan of boiling water, and keep it boiling for two hours. Take out the jar and pour the juice through a hair sieve, without squeezing the mushrooms, into a clean stew-pan ; let it boil gently for half an hour, pour through a flannel. To each pint of catsup 1 tablespoonful brandy ; bottle, and seal the corks, or dip in bottle cement ; keep in a dry place, and if any mould appears, boil up again with a few peppercorns.

241. Potato Flour.

Peel and mash 1 lb. potatoes, small or diseased ones may be used ; grate them into a dish, and cover with 1 quart cold water ; stir well. Next day pour off the water, and add fresh, repeating this until the water is quite clear, when a fine white powder will be deposited ; break this up, and dry on sheets of paper in the sun or before the fire. Keep in close stoppered bottles. Is useful for thickening sauces, &c.

242. Caramel Walnuts.

$\frac{1}{2}$ lb. walnuts, 2 oz. almonds, $\frac{1}{4}$ lb. icing sugar, 1 small white of egg, $\frac{1}{2}$ lb. common sugar, $\frac{1}{2}$ teacupful water, $\frac{1}{2}$ teaspoonful cream of tartar. Break the walnuts carefully, and remove inner husks ; blanch the almonds, and pound fine ; add the icing sugar, free from lumps ; then the white of egg, and mix with the pestle. The mixture must be barely moistened ; if soft, more sugar must be added to make it dry and almost hard. Take a piece of the mixture and roll it into a ball ; put half a walnut in each side ; repeat till all are finished, and set aside for a day to harden. Put the common sugar, water, and cream of tartar in a small saucepan ; let it boil till it becomes thick ; dip the walnuts in separately, and put on a buttered plate till cold. To remove them, heat the plate slightly. To test if the sugar is boiled sufficiently, dip an iron spoon in cold water, then into the sugar, and back into cold water ; it will be hard then if the liquid is ready.

243. Chocolate Caramels.

3 cupfuls granulated sugar, 1 cupful milk, small piece of butter, half-cake unsweetened chocolate; boil hard for six minutes; flavour with Vanilla; remove from the fire, and beat briskly till nearly hard.

244. Cream Candy.

Beat the whites of 4 eggs to a stiff froth; add 1 tablespoonful cold water, and flavour to taste; stir together a little, and then add pounded sugar till stiff to knead like dough; then mould into shape, and add nuts either inside or out.

245. Cocoanut Tablet.

Put on the fire, in a brass or copper pan, 4 lb. brown sugar, with 1 English pint of cold water; stir till it comes to the boil, then take off the fire; have a large cocoanut opened and grated; add it to the sugar, along with the milk of the cocoanut, and stir it all together till you see it begin to stick to the side of the pan; have a large sheet of paper greased; lay it on a large flat dish; pour the tablet on it, and let it stand till it cools; then turn it over, draw off the paper, and cut it into squares.

246. Everton Toffee.

7 lb. brown sugar, 2 lb. fresh butter, 1 lb. treacle, a common teacupful of cold water, $\frac{1}{2}$ oz. grated ginger, a small teaspoonful essence of lemon—this last to be put in before the toffee comes off the fire; boil all together in a brass pan till it eats crisp when dropped in cold water; pour it into buttered tins.

247. Uncooked Raspberry Jam.

1 lb. preserving sugar to each lb. ripe fruit; put the sugar into the oven to get thoroughly heated; stir it from time to time, to prevent caking or burning; put the fruit into an earthen jar over the fire to warm; when heated, remove it from the fire, and mash it into a fine pulp; then add the *hot* sugar, and stir or beat it briskly for five minutes; then cover it, and let it stand half an hour; beat again briskly for five minutes, and let it stand another

half hour ; stir again for five minutes ; put it into bottles, and tie closely.

248. Ginger Lettuce.

Take lettuce that is shot, but not hard or stringy ; peel and cut the stalks into small pieces, which lay in a pickle of salt water for twenty-four hours ; then take out the stalks and pour fresh water over them till it becomes tasteless. The lettuce is now ready for preserving, so boil the syrup and pour it over the lettuce, which repeat every day for three or four days ; for the last time, when the syrup is boiling, put in the lettuce, and boil for fifteen minutes. Allow 1 lb. sugar and $\frac{1}{4}$ lb. ginger to 1 lb. lettuce.

249. Apple Ginger.

$\frac{3}{4}$ lb. whole ginger to a Scotch pint of water ; put it on a slow fire, and let it simmer six hours, keeping up the pint of water. Pare and cut 8 lb. codling apples ; allow $\frac{3}{4}$ lb. sugar to every lb. of fruit ; cover with the sugar, and let them stand all night and next day ; add the ginger juice, and boil slowly one hour till the apples are clear. Shake the pan to prevent burning, but do not stir it.

250. A Beautiful Preserve.

Boil a sufficient number of apricots to the consistency of a paste ; then drop from the pan (upon strong white paper sprinkled with sugar), about the size of half an apricot, and the thickness of half-a-crown. To be kept till quite hard and dry.

251. Mince Meat.

3 lb. best suet, 3 lb. sugar, 3 lb. currants, 2 lb. apples, $1\frac{1}{2}$ lb. raisins stoned and chopped, 1 lb. mixed candied peel chopped small, $4\frac{1}{2}$ wineglassfuls brandy, 2 glasses sherry, juice of 4 lemons and grated peel, 4 large teaspoonfuls pounded mace, $\frac{1}{2}$ teaspoonful pounded cloves.

252. Recipe for English Coffee.

Roast 1 quart horse beans in a common but clean frying-pan over a clear fire till they begin to colour, and then, from the point

of a knife, continue putting in small bits of honey among the beans till they become of a dark chestnut colour. Having taken them off the fire, put 1 oz. cassia mundata into the pan, and stir them till they get cool. After being ground and made like real coffee, few people will detect the difference. Cassia mundata is an inexpensive spicey drug somewhat of the nature of cinnamon.

253. Curry Powder (1).

13 oz. powdered coriander seed, 1 oz. Cayenne pepper, 3 oz. cinnamon seed, 8 oz. turmeric, 8 oz. faingrick. Keep in tightly corked bottle.

254. Curry Powder (2).

6 oz. turmeric, 4 oz. coriander seed, 2 oz. cinnamon seed, 2 oz. faingrick seed, $\frac{1}{2}$ oz. Cayenne.

255. Curry Powder (3).

6 oz. ground coriander seed, 1 oz. faingrick seed, $\frac{1}{2}$ oz. cardium seed, $\frac{1}{2}$ oz. black pepper, 3 oz. rice, 6 oz. turmeric, $\frac{1}{2}$ oz. Cayenne pepper, 1 oz. ginger. All to be carefully mixed together and put into a well-corked jar and kept for use. To each dish of curry add 1 tablespoonful sweet butter, $\frac{1}{4}$ lb. of juicy apple, $\frac{1}{4}$ lb. of lemon squeezed.

256. Curing Hams (1).

For a pig 15 stone weight: 8 lb. common salt, $\frac{1}{2}$ lb. saltpetre, 2 lb. coarse brown sugar, $\frac{1}{2}$ lb. ground black pepper. Rub the hams well with this mixture for a quarter of an hour each the first time, then turn and rub them daily for seven days, after which add to them a pickle made thus: put 2 lb. salt, $\frac{1}{4}$ oz. saltpetre to 1 quart water; boil it half an hour, and, when cold, pour over the hams. The pork must on no account swim in the brine; to prevent it, lay on very heavy stones. The hams to be kept three weeks in the brine, and the flitches sixteen days.

257. Curing Hams (2).

Sprinkle a ham weighing 18 lb. or upwards with a little common salt, and let it lie a day; then rub it with 1 oz. ground

black pepper, 1 oz. pounded saltpetre ; let it lie another day, and rub in the following : 1 lb. common salt, 1 lb. bay salt ; in two hours pour over it 1 lb. treacle ; let it lie for three or four weeks, turning and rubbing daily.

258. Curing Hams (3).

To cure a ham better than those of Westphalia, as soon as the pig is cold enough to be cut up, take the 2 hams and cut out the round bone so as not to have the ham too thick ; rub them well with common salt, and leave them in a large pan for three days ; when the salt has drawn out all the blood, throw the brine away. Proceed as follows—For 2 hams about 18 lb. each, take 1 lb. of moist sugar ; 1 lb. of common salt, 2 oz. saltpetre ; mix them together, rub the hams well with it, then put them in a vessel large enough to contain them in the liquor, always keeping the salt over them ; after they have been in this state three days, throw over them a bottle of good vinegar ; one month is requisite to cure them. During that period they must be often turned in the brine ; then take out, drain them well, powder them with some coarse flour and hang them in a dry place. The same brine will serve again, observing that you must not put so much salt on the next hams that you pickle. If the hams are smaller, $\frac{3}{4}$ lb. of salt will do, but the salt will not do any harm if you do not let them remain too long in the brine. If you can get them smoked, so much the better. Be particular that the hams are hung as far as possible from the fire, otherwise the fat will melt and they will become dry and hard.

259. Pickled Beef, Pork, or Mutton.

Take 4 gallons water, to which add 2 lb. cane sugar, 1½ oz. saltpetre, 1 oz. salt of pruñella, and 6 lb. common salt ; put the whole into a clean pot or kettle and let it boil, being careful to skim off all that comes up to the top ; let it stand till cold ; then having put the meat into the dish you intend to keep it in, pour it over the meat till it is quite covered, in which condition it must be kept.

260. To Make a Beef Ham.

For a rump of beef about 20 lb. weight, take 3 oz. saltpetre, $\frac{1}{4}$ lb. brown sugar, $\frac{1}{2}$ lb. bay salt, $\frac{1}{2}$ oz. white pepper, $\frac{1}{4}$ lb. cloves, and a nutmeg or two; beat and mix them together, and rub it well into the ham; then rub it over with common salt and bed and cover it with it; let it lie three weeks in this pickle, turning it every other day, and then hang it up.

261. Mutton Ham.

Cut a gigot of mutton into ham shape, hang it for two days, and for one of 12 to 14 lb. weight prepare the following pickle: $\frac{1}{2}$ lb. bay salt, $\frac{1}{2}$ lb. common salt, 2 oz. saltpetre, $\frac{1}{2}$ lb. brown sugar; mix dry, and make hot in a stew-pan, then rub it well over the ham, first taking a little common salt and thrusting it up the space between the meat and shank bone. Turn the ham each day in the liquor and rubbing; at the end of four days add 2 oz. more of common salt. In twelve days take it out, dry it, and hang up in wood smoke for a week.

262. Preserving Eggs.

Take a lime shell and pour over it cold water, leaving it all night, then stir it all up and pour off, allowing stones and hard pieces to remain. Then to test it, put an egg into the jar; if it fall immediately, the lime water is too weak; if right, the egg will gently rise and keep about half-way. The eggs must be fresh and free from cracks.

263. Ghee—Clarified Butter.

Put on a very slow fire a deep saucepan filled with fresh butter, stir continually with wooden spoon to prevent burning; when all watery particles are evaporated, add 2 or 3 cloves and same of peppercorns to each pound of butter; when nearly cold pour into clean, dry jars, and keep in cool larder.

BEVERAGES.

B E V E R A G E S.

264. A Syllabub under the Cow.

Put a bottle of red or white wine, ale, or cider into a china bowl; sweeten it with sugar, and grate in some nutmeg; then hold it under the cow, and milk into it till it has a fine froth on the top; strew over it a handful of currants cleaned, washed, and picked, and plumped before the fire.

265. Sack Whey.

Boil a pint of milk; add to it a glass or two of white wine; put it on the fire till it just boils; set on one side till the curd has settled; pour off, and sweeten to taste. A refreshing drink for invalids.

266. German Coffee.

Put on the coffee with cold water, and let it come aboil; have the milk also boiling, and put in an egg beat up with some sugar and a small piece of butter; then stir them all together, and let them come aboil, and then serve up.

267. A Rich Eating Posset.

Take 1 choppin (quart) sweet cream, $\frac{1}{2}$ lb. common biscuit pounded and sifted, 6 oz. sweet almonds blanched and beat up with a little sweet milk to prevent oiling; mix all together; put in a pan, and let them boil a while; then take 1 mutchkin (pint) white wine; beat 9 eggs, keeping out 6 of the whites; put them to the wine and sweeten; season with cinnamon; put the wine and eggs on the fire, and let them come aboil; then put them in a bowl; pour in the cream by degrees; stir about, and strew sugar and cinnamon on the top. It looks very pretty with sliced almonds stuck on the top. Goes to table in a bowl, and is a proper middle dish for supper.

268. An Ale Posset.

Boil 1 mutchkin (pint) new milk with 1 spoonful grated bread; sweeten a bottle of strong ale, and season with nutmeg; put it in a bowl, and pour the milk (boiling) upon it; stir it about, and let it stand till the head rises.

269. Raisin Wine.

Boil 10 gallons spring water for one hour; to every gallon take 6 lb. Malaga raisins, picked clean and half-chopped; stir it up twice a-day for nine or ten days; put them into the liquor when it is lukewarm, and then run it through a hair sieve; squeeze the raisins well, and put the liquor in the barrel; bung it close up; let it stand three months, and then bottle.

270. Currant Wine.

Take an equal quantity of red and white currants, and bake them one hour in a moderate oven; then squeeze them through a coarse cloth; to every 4 gallons of boiling water take 1 pint of juice and 3 lb. loaf-sugar; boil it quarter of an hour, skim it well, and put it in a tub; when cool, put in a toast of bread, spread on both sides with 2 spoonfuls of yeast; let it work three days; stir it three or four times a-day; then put it into a cask, and to every 10 gallons of this wine take 1 pint of brandy and the whites of 10 eggs beat; bung it close up; let it stand three months, and then bottle. This is a pale wine, but keeps well, and drinks pleasantly.

271. To make a 10-Gallon Barrel of Rum Shrub.

Beat 18 lb. refined sugar, and put it in a barrel with lemon and orange juice, of each 2 quarts; shake the barrel often, and stir it up with a stick till the sugar is dissolved; before squeezing the fruit, take the rind of 4 dozen lemons and oranges, and pour some rum on it; fill up the barrel with rum, adding what was over the rind; bung it up, and let it stand six weeks. If not fine enough, let it stand a week or two longer.

272. Syrup for Liqueurs.

Put a quart of water in a saucepan, and drop into it, lump by lump, 1 lb. loaf sugar. When the sugar is dissolved, let it boil again, and put it in a broad dish to cool ; it is then fit for use.

273. British Noyeau.

To 1 quart English gin put 3 oz. bitter almonds, blanched and cut into slices ; the rinds of 3 lemons. Let it stand three days before the fire, shaking the bottle several times a day ; then add 1 lb. loaf sugar, let it dissolve, shaking it frequently till dissolved, then filter through blotting paper. If not sweet enough, add more sugar.

274. Imperial.

An excellent and pleasant refrigerant drink in febrile diseases is prepared by dissolving 1 or 1½ oz. of cream of tartar in a pint of boiling water, flavoured with lemon peel and sugar, or, better still, with syrup of oranges.

275. Orange Liqueur.

½ gallon gin, 4 Seville oranges, 4 lemons, 3d. worth of saffron, 3½ lb. sugar. Steep the rinds (pared very thinly) and the saffron in the gin three days, corking tightly ; strain it off ; dissolve the sugar in as little water as possible, only sufficient to make a thick syrup, and boil till clear ; add it to the spirit, stir, and bottle in pints.

276. Orange Gin Liqueur.

The rind of 8 Seville oranges and 8 lemons, peeled *very* thin. Keep the above in 1 gallon of the best *unsweetened* gin in an earthenware vessel with a cover for ten days ; stir two or three times a day. Strain the gin from the peel, and add 3 lb. loaf sugar, pounded and sifted ; stir daily. When sugar is thoroughly dissolved, the gin may be bottled. This can be used six weeks after bottling, but improves with keeping two years at least.

277. Lemon Syrup.

2 lemons, 1 oz. tartaric acid, 1½ oz. lump sugar, 1½ pint water. Boil the water with the sugar and lemon peel till the sugar

is dissolved ; when nearly cold, remove the peel, and add juice of lemons. Boil about ten minutes ; strain it, and bottle. The tartaric acid is added just before straining.

278. Black Currant Syrup.

Gather currants, bruise with bottom of a jelly can, stalks and all ; put them into a large, wide-mouthed crock ; stir them round every day with a wooden spoon, and cover with a thin kitchen towel. Let them remain ten days until fermented, then strain off ; and to every pint of juice add $\frac{3}{4}$ lb. loaf sugar. Put this on the fire, and boil two or three minutes ; take it off, and let it stand until cold. Next day, let it come to the boil again, then bottle and cork when cold.

279. Milk Punch.

2 bottles rum, 3 bottles water that has been previously boiled, and $9\frac{1}{2}$ lemons ; pare the lemons very thin ; put the parings with the juice, and 8 lb. loaf sugar ; mix all together, and add 1 bottle milk, boiling hot. Put the whole into a vessel, and cover it up close for at least twenty-four hours, stirring it occasionally, then pass it through a jelly-bag till perfectly clear.

N.B.—If wished to be weaker, add more water.

280. Curaçoa.

Take 18 Seville oranges, pare them very thin ; put the peel into a jar, with 3 lb. candy sugar, and 4 bottles brandy ; let it stand by the fire ; stir it three times a day. At the end of a fortnight, strain and bottle it.

281. Mrs Caldwell's Cherry Brandy.

Take a large basin, fill with cherries slightly broken, 2 blades mace, 2 sticks cinnamon, 1 nutmeg, 8 peppercorns, 12 cherry kernels, 2 or 3 bitter almonds, added with pounded loaf sugar and whisky—about 3 quarts of the latter to a 4-quart greybeard. Pour the contents of the basin into a greybeard, and stir with a stick every day for a week ; then seal and cork. After standing one year, strain and bottle.

282. Elderflower Wine.

For a cask of 18 pints (Scotch), 27 lb. lump sugar, 6 lb. raisins (picked), 6 lemons cut in two and squeezed ; the skins are boiled with the sugar, raisins, and water for twenty minutes, and then poured into a tub over a lippie and a-half of elderflowers lightly shaken from their stalks, and the juice of the lemons is then added. Cover it over with a tablecloth, and allow it to stand till the evening (if you have made it in the forenoon) ; then add 4 or 5 spoonfuls of yeast, and stir it well in ; stir every day for about a month till the fermentation ceases, then pass it through a yellow bag and put it into the cask with the skins of the lemons and the best of the raisins ; what is over of the liquid is kept for filling up the cask, which must be done every day as it falls ; bottle in March. Let it run through a quill as long as it is clean, and after that through a search.

283. Ginger Wine.

To make 6 gallons use $3\frac{1}{2}$ lb. loaf sugar per gallon, 9 oz. best white Jamaica ginger, the peel and juice of 8 lemons and 8 Seville oranges for the 6 gallons ; dissolve the sugar and boil the ginger for 1 or 2 hours ; put into the cask 3 lb. of chopped raisins ; add, finally, a bottle of brandy.

284. Raspberry or Blackberry Vinegar.

Bruise the berries, and pour as much vinegar as will cover them over ; let them stand four days, strain them through a cloth ; take $\frac{3}{4}$ lb. loaf sugar, boil it fifteen or twenty minutes, and let it stand till quite cold before bottling it.

285. Mrs M.'s Ginger Wine.

For a 10 gallon cask, 20 lb. sugar, 1 gallon lime juice, $1\frac{1}{2}$ gallon whisky, 1 drachm essence of almonds, $1\frac{3}{4}$ lb. whole ginger, 6 oz. whole cinnamon, 1 dozen bitter oranges, $\frac{1}{2}$ dozen lemons. The ginger and cinnamon to be bruised and allowed to simmer for several hours ; the oranges and lemons to be grated, and the juice and pulp of them put into the cask, but the skins kept out. Other seasonings to taste ; clear with isinglass, and bottle.

286. Balm Wine.

For a 20 pint cask put 23 pints water with 18 lb. loaf sugar into a pan, set it over a slow fire ; when the liquor is milk warm, put in the whites of 12 eggs *well beat* ; when it comes to the boil skim it, and continue to do so as long as there is any scum. Put this liquor into a tub ; when it is cold as summer water, pour it into the cask into which the lemon balm has been put, set the cask upon a gauntress, put under it a flat vessel, then put in 4 or 5 spoonfuls of best hop barm every morning and evening ; pour back into the cask all the scum that works over until the fermentation ceases ; the tops only of the lemon balm must be taken ; it takes $2\frac{1}{2}$ lb. balm for a 20 pint cask. The month of June is the proper time for making it.

287. To Make a 12 Pint Barrel of Ginger Wine.

Take 10 oz. bruised ginger, boil it six hours ; then strain and pour it on 10 lb. raw sugar ; let it stand twenty-four hours, then run it through a bag ; pare and take the juice of $2\frac{1}{2}$ dozen lemons, put in the parings of a dozen of the lemons ; add 6 bitter oranges, and $1\frac{1}{2}$ gallon whisky ; fill up the barrel with cold boiled water, and let it stand six weeks. Then it is ready to bottle.

288. Miss Telfer's Recipe for Ginger Wine.

Miss Telfer puts 2 dozen lemons, 5 lb. bitter oranges, and 4 gallons whisky (old measure) to the 20 pint barrel of ginger wine. She steeps the peel of the fruit in spirits for two or three days, and adds it to the barrel, not putting in the peel, 1 lb. of ginger boiled with as much water as fill the barrel. To stand six weeks at least.

289. Ginger Wine.

$\frac{1}{2}$ oz. essence of Jamaica ginger, $\frac{1}{2}$ oz. essence of Cayenne, $\frac{1}{2}$ oz. essence of lemon, 1 oz. burnt sugar, $\frac{1}{2}$ oz. citric acid. Put $2\frac{1}{2}$ lb. sugar in a jar, and pour over 5 quarts boiling water ; when quite cold, put in above ingredients, and bottle.

290. Ginger Beer (1).

10 oz. bruised ginger, 3 doz. quart bottles boiling water, 2 oz. cream of tartar, 7 lb. crushed loaf sugar. Boil all for half an hour; pour it upon the rinds of 2 grated lemons when it is lukewarm; set it with $1\frac{1}{2}$ tablespoonful of strong brewers' barm; let it stand all night; strain it through a chamois skin bag, and, if not quite clear, strain it again; bottle and cork it tightly, putting on a string or wire. It will be ready in twelve days.

291. Ginger Beer (2).

To 9 gallons water, 5 oz. cream of tartar, 6 oz. best Jamaica ginger, 3 large lemons, 9 lb. lump sugar. Put into the boiler half of the water, the full quantity of sugar, ginger, the thin rind pared of the lemons, and the juice of ditto squeezed into it likewise, Boil all for half an hour; have ready the whites of 6 eggs, switched amongst a little cold water, add them to the other ingredients, and boil all together for five or ten minutes. Take the boiling liquid and pour it into a tub upon the cream of tartar; add the other half of cold water; strain all, and, when cooled to about 68 or 70 degrees, add a sufficient quantity of fresh yeast to cause fermentation. Let it stand about three days, after which draw it off and bottle. If it is wanted very fine, run it out of the fermenting tub into a small cask, which must be filled, stopped close, and set aside into a cool place for ten or fourteen days before bottling. By fining it so, it is considerably longer in ripening for use.

292. Ginger Beer (3).

Soak $2\frac{1}{2}$ oz. ginger in boiling water for a few minutes, then cut it in pieces, add 2 lb. loaf sugar; pour over the ginger and sugar 2 gallons boiling water. When lukewarm, add 2 tablespoonfuls yeast and the juice of 2 ordinary sized lemons, with the whites of 2 eggs beat. Let it settle, then carefully bottle and cork it tight. It will be ready for use in a few days.

293. Lemonade (1).

Peel 2 lemons as thin as possible, and place the peel in a jug with 8 lumps sugar; pour over it 1 quart boiling water, and allow it to get cold; then add the juice of 2 lemons just before serving.

294. Lemonade (2).

Boil 1 gallon water and 2 lb. loaf sugar softly three-quarters of an hour, with the parings of 1 doz. lemons. When cold, take out the parings and squeeze in the juice; spread a piece of brown toasted bread with yeast, and put it into the liquor. Let it stand two days, then bottle it.

295. Cordial.

$\frac{1}{2}$ oz. Cayenne, $\frac{1}{2}$ oz. mace, $\frac{1}{2}$ oz. cloves, $\frac{1}{2}$ oz. cinnamon, 3 nutmegs bruised, 3 gills whisky. The spices to be rubbed together and shaken with the whisky for four or five days, and then strained. A few drops, more or less, are very agreeable in tea or other beverages.

296. Hock Cup.

To every 2 bottles of hock allow 6 oz. castor sugar, and a small handful black currant leaves, with a sprinkling of woodruff. Put these into $\frac{1}{2}$ pint cold water, the rind of a fresh lemon, and steep until the water is thoroughly flavoured; then add the hock, and stir all together; strain through muslin into a crystal jug; place some broken ice on top, along with a few sprigs of woodruff previously soaked in curaçoa. Serve iced.

297. Iced Lime Cup.

Squeeze the juice from as many limes as may be required; strain; add sugar to taste, and good dash of Maraschino; fill up the jug with iced seltzer water, and on the top a few pieces of fresh pine apple.

298. Bombay Negus.

Put 1 pint port into a jug; rub a handful of lump sugar, piece by piece, on the rind of a large lemon, until all the yellow part is used; strain the lemon juice, and add to the wine, with the slightest dust of Cayenne pepper, and same of grated nutmeg; stir for a minute, fill up the jug with boiling water, and serve hot.

HOUSEHOLD AND MISCELLANEOUS
RECIPES.

HOUSEHOLD AND MISCELLANEOUS RECIPES.

299. Polish for Tables.

3 gills linseed oil, 1 gill turpentine, 1 gill turpentine varnish, and 1 gill white vinegar ; put in a bottle, and shake well before using.

300. Furniture Cream.

2 oz. bees' wax, $\frac{1}{2}$ oz. Castile soap, 1 gill turpentine ; cut the wax fine, and put the turpentine to it ; cut the soap in pieces, and pour 1 gill of boiling hot water over it ; stir it till dissolved ; let them remain in separate vessels all night, then mix them together.

301. To Clean Brass.

1 oz. spirits of turpentine, 1 oz. spirits of wine, 1 oz. oil of almonds.

302. Furniture Ointment.

Mix 1 gill turpentine, $\frac{1}{2}$ gill water, 1 oz. white wax, $\frac{1}{2}$ oz. white soap ; dissolve the mixture at the fire. It should be about the thickness of ointment.

303. Furniture Oil.

4 gills linseed oil, $\frac{1}{2}$ oz. nitre of antimony, 1 $\frac{1}{2}$ gill strong vinegar ; mix well, and shake the bottle before using.

304. To Clean White Marble (1).

1 quart sour buttermilk, a large bead of black soap ; mix with the milk till it is a thick batter ; lay it on the marble with a brush, and allow it to remain on two days, or longer ; wash off with clean cold water.

305. Shoe Blacking (1).

1 $\frac{1}{2}$ lb. ivory black, 1 lb. treacle, 6 oz. fine oil, 4 oz. oil of vitriol, 2d. worth of copperas, 4 bottles good vinegar ; mix well

the ivory black with the oil, treacle, and copperas, the vinegar by degrees, adding the vitriol *last*. To ferment the mixture, mix it well, and allow it to stand three hours before bottling it.

306. Shoe Blacking (2).

$\frac{1}{2}$ lb. ivory black, 2d. worth of copperas, 2d. worth of vitriol, 2d. worth of gum arabic in powder, 1 lb treacle, 2 bottles of vinegar or sour beer; mix the blacking, treacle, copperas, and gum well together, adding the vinegar or beer by degrees, and *lastly*, stir in the vitriol, which ferments the whole. Let it stand twenty-four hours without stirring, then stir and bottle and cork well; the bottle should be shaken before being used.

307. For Cleaning Marble (2).

$\frac{1}{2}$ lb. American ashes, $\frac{1}{2}$ lb. soft soap, ball of blue, some whitening; boil together to the thickness of a paste, lay it on the marble, and leave for one night; wash off with clean water.

308. Recipe for Table Oil.

3 gills linseed oil, 1 gill spirit of turpentine, 1 gill spirit of wine, 2d. worth spirit salt to a choppin bottle; fill it up with vinegar.

309. To Wash Flannels.

In order to prevent the excessive shrinking of flannels, the following directions should be particularly attended to:—Use water as hot as the hands can bear; soap as little as possible, never wring, but let the article merely be stripped to take out the surplus water; hang up at once to dry without allowing the article to lie damp for any time.

310. To Make Soap.

2 lb. grease of any kind, dissolve 1 lb. black ashes in 2 English pints cold water for a day before making the soap; put the grease and ashes when thoroughly dissolved in an old pan (adding $\frac{1}{4}$ lb. pearl ash), by the side of a very slow fire, not allowing them to boil till incorporated together, after which boil

it on a very slow fire (frequently stirring it) for two or three hours. To know when it is done enough, put a little on a plate, and when it easily hardens, take it and dish it; when cold and hard cut in squares, and set them a little apart in a cold, dry place.

311. Pot Pourri.

Gather rose leaves in dry weather, but don't dry them; cut off the fleshy part of each leaf and put them in a large dish, strewing bay salt over them at *once*. You may go on adding rose leaves through the rose season, but add more salt if in any great quantity, and whenever you add leaves stir it up. You may also add sweet scented verbena, lavender, and any quantity of sweet scented herbs dried till they tumble into powder; then add the sweet powder after the following recipe, and stir it well up together:—1 oz. all-spice, 1 oz. powdered cassia, 5 oz. orris root, 2 oz. gum bergamot, 10 grains of musk, 1 stick of Vanilla crushed, a few cloves, some lemon peel dried and powdered. 1 lb. bay salt will be sufficient for a large jar of Pot Pourri, which must be kept in a dry place, but not too hot. It is best not to use white rose leaves.

312. To Make Eau de Cologne.

1½ drachm essence of bergamot, 9 drops essence of orange, 11 drops essence of cedral, 17 drops essence of lemon, 8 drops essence of rosemary, 30 drops essence of neroli; 1 pint rectified spirits of wine mixed well with the above.

313. Lavender Water.

1 pint rectified spirits, 3 oz. oil of lavender, 2d. worth bergamot, 2d. worth ambergris, 2d. worth musk; put these ingredients into a bottle and shake every day for a week. The bottle must be kept well corked.

314. Jessamine Perfume.

Dip the finest cotton wool in clear olive oil, which must be spread in thin layers in a tall glass vessel with alternate layers of jessamine flowers, which in a few days will impart the whole of

their perfume to the cotton ; the oil may then be pressed out for use, and the cotton itself may be laid in drawers where its perfume is desired.

315. To Take Ink Stains Out of Mahogany.

Wash the place that is stained with a little soap and cold water ; then dry it slightly ; after which dip the end of a cork in spirits of salt and rub the stain, repeating this till removed ; wash and dry it again.

316. To Make Bottle Cement.

$\frac{1}{2}$ lb. black resin, $\frac{1}{2}$ lb. red sealing wax, $\frac{1}{4}$ oz. bees' waz, melted in an earthen or iron pot ; when it froths up before all is melted, stir with a tallow candle, which will prevent boiling over.

317. Cure for Rheumatism.

1 mutchkin (pint) good vinegar, 1 teaspoonful Cayenne pepper, 1 teaspoonful common salt ; mix and apply to the part affected on going to bed.

318. Certain Cure for the Bite of a Mad Dog— Nitrate of Silver.

The best mode of application of the nitrate of silver is by introducing it solidly into the wound. It melts in an equal quantity of water, which is to be filtered into the wound ; if that be already healed, it should be rubbed and causticated entirely. The physician says, "Since I have known this, I always use it to any bite of a dog, sound or not, and am at rest."

319. Cure for Erysipelas.

Tincture of the muriate of iron, 15 drops in a wineglassful of water every two or three hours.

320. To Prevent Smallpox Pitting the Face.

To three-parts of olive oil, one part white wax melted ; paint the face while the mixture is warm.

321. Camphor Ointment.

$\frac{1}{2}$ oz. white wax, $\frac{1}{2}$ oz. camphor, $1\frac{1}{2}$ dessertspoonful olive oil ; melt all together.

322. Honey Paste—Certain Cure for Chapped Hands in Frost.

Mix honey and the powder of bitter almonds to a thin paste.

323. Healing Balm for Wounds.

Take 3 or 4 dock roots ; wash and clean them thoroughly ; take a piece of fresh butter about the size of a walnut, the same of bees' wax, and add to this the dock roots, grated ; put in a can, and allow to simmer by the fire for several hours ; then strain through a muslin, and pour into a covered ointment pot.

324. Cold Cream.

Take of white wax and spermaceti 1 drachm, $1\frac{1}{2}$ oz. oil of almonds, $1\frac{1}{2}$ oz. rose water ; melt the wax, spermaceti, and oil in an earthen pan in the oven ; when melted, pour into a mortar or stone dish, and stir till it grows quite cold and smooth ; mix the rose water by degrees, while slowly stirring.

325. Cure for Chilblains.

$\frac{1}{4}$ pint oil of turpentine, 1 oz. crushed camphor, 2 drachms oil of cajepeel ; mix and agitate till solution is complete. Rub the mixture on the *unbroken* surface two or three times daily.

326. Pomade for the Hair.

7 oz. marrow, $4\frac{1}{2}$ d. worth of spermaceti, 1 flask of Florence oil, 1s. worth of rose oil ; melt the marrow, and strain it through muslin ; melt the spermaceti ; then beat all the ingredients to a froth.

327. Dr Jephson's Cough Plaster (1839).

2 scruples of the extract of hemlock, and powder of opium sufficient to make the plaster large enough to cover the chest.

The plaster used for mixing the above to be the Soap Plaster of the Pharmacopeia (1s. 9d.)

328. Black Currant Vinegar.

To every quart of picked currants put 1 pint vinegar ; let it stand about three days, stirring occasionally ; then strain and squeeze the currants through a fine sieve or close cream cloth, and to every pint of juice add $1\frac{1}{2}$ lb. loaf sugar ; simmer for about twenty minutes, or till the sugar is dissolved ; pour into a jug ; let it stand till cold ; then bottle, tying closely down. For a sore throat or cold this is excellent.

329. Dr Goody's Cough Mixture.

1 lb. treacle, 1 gill white wine vinegar, 3 drachms elixir of vitriol, 100 drops laudanum ; mix all well together, and put it in a bottle. Take a tablespoonful morning and evening, and a teaspoonful when the cough is troublesome. Shake the bottle before using.

330. Brewis.

A very good meal may be bestowed in a thing called *brewis*, which is thus made : Cut a very thick upper crust of bread, and put it into the pot where salt beef is boiling and near ready ; it will attract some of the fat, and when swelled out will be no unpalatable dish to those who rarely taste meat.

331. Jelly for a Consumption.

Take 1 lb. hartshorn shavings, 9 oz. eringo root, 3 oz. isinglass, 1 choppin (quart) bruised snails (the shells to be taken off and cleaned), and 2 vipers or 4 oz. of the powder of them ; put these ingredients in 2 pints of water, and let it boil till it is reduced to 1 pint ; strain it through a sieve, and when it is cold put it into a pan with a mutchkin (pint) of Rhenish wine, $\frac{1}{2}$ lb. brown sugar candy, the juice of 2 Seville oranges, and the beaten whites of 3 or 4 eggs ; boil all together for three or four minutes ; then run it through a jelly bag, and put it into small pots. A teacupful of it may be taken twice a day.

332. Cough Mixture.

4 grains ipecacuanha in powder, 2 drachms oxymel of squills, 1 drachm sweet spirit of nitre, $2\frac{1}{2}$ oz. spearmint water, $1\frac{1}{2}$ drachm syrup orange peel; mix, and take a tablespoonful four or five times in twenty-four hours.

333. Cure for Bronchitis.

Put 2 whole eggs (in shell) into a jar, and squeeze enough lemon juice to cover eggs; cover up and allow to stand till the eggs have quite dissolved; after straining the liquid add $\frac{1}{4}$ lb. candy sugar previously melted in a little hot water and cooled, 2 tablespoonfuls Lucca oil, and 1 pint good old rum; bottle, and take $\frac{1}{2}$ wineglassful in the morning before breakfast.

334. Excellent Recipe for a Cough or Soreness in the Throat.

Put 1 oz. manna in a teacup, and pour over it 2 tablespoonfuls of boiling milk; when cool enough to drink, do it. The above should be taken fasting, and again in the middle of the day.

335. For a Cough.

30 drops of antimonial wine, 1 teaspoonful of spirits of nitre, 1 tablespoonful of camphor-julip, and 2 tablespoonful water. To be taken before going to bed.

336. For a Cough (Lady Strathallan's).

1 drachm of saltpetre, 8 oz. hot water, 80 drops of antimonial wine sweetened with sugar; a tablespoonful to be taken every three or four hours for a grown person, and 1 dessertspoonful for a child. This cooling mixture is excellent for bringing up de-fluctions from the chest; care should be taken not to check perspiration.

337. A Remedy in Case of Swallowing Pins.

4 grains tartar emetic in warm water, afterwards to drink the whites of 4 eggs, which will coagulate upon the stomach, and

before the tartar begins to operate will envelop the pin and bring it up; the same may be used with success for fish or any other sharp bones.

338. Cure for Toothache.

A teaspoonful of tincture of opium or brandy poured into the ear of the affected side seldom fails to remove the pain, especially if a little vinegar be previously held in the mouth; if the tooth is decayed, drawing is the best, but if that is not permitted, take 2 grains purified opium, 2 grains camphor, 2 drops oil of cloves, 2 drops oil of pepper, a pill to be put in the mouth.

339. Cure for Tightness in the Chest or Difficulty of Breathing.

Take 1 pint of Archangel tar, mix it in 1 gallon of water; let it stand three days; stir it three times a day, also skim it, then bottle it. Dose—a large wineglassful three times a day.

340. Cure for Dysentery.

Take a sheet of white paper, cut into strips, boil in a pint and half of milk, to be taken at once; also the buds of birch powdered and mixed up with essence of red roses is a medicine that will seldom disappoint expectations; for many years it has been sold at a guinea a galipot.

341. Mixture for Destroying Rats and Mice.

$\frac{1}{2}$ calcined gypsum very finely powdered, $\frac{2}{3}$ oatmeal. To be kept dry. Use with gloves. Produces thirst—rush to water—gypsum turns to stone.

342. Recipe for the Cure of Distemper in Dogs.

12 grains antimonial powder, 8 grains powdered foxglove, $\frac{1}{2}$ drachm powdered nitre. To be made up into 10 doses if the dog is small, 7 if middling size, and 5 if large, and given in a small quantity of butter every other day.

343. Spider's Web.

The cobweb of cellars, barns, and stables is a valuable remedy in ague. It also allays diseased irritability and calms irritation both of body and mind often in a surprising manner. Some American physicians who have taken it say it produces a calm and delightful state of feeling, succeeded by a disposition to sleep. It will often thus tranquillise much better than opium or herbane. Its soothing properties point it out as a valuable palliative in the advanced stage of consumption, in asthma, in chronic hysteria and other spasmodic complaints. Dr R. Jackson details a remarkable case of asthma in which the tranquillising effects were conspicuously evinced. The patient was unable to lie down in bed from a sense of suffocation, and was obliged to take the little sleep he could get in a half-sitting posture, being supported by pillows. In this distressing state he one night took 20 grains of the spider web, and obtained from it a sound sleep all night, a blessing to which he had been a stranger above six years. Dose—from 5 to 10 or 20 grains rolled into a pill. For ague, to be taken twice a day.

